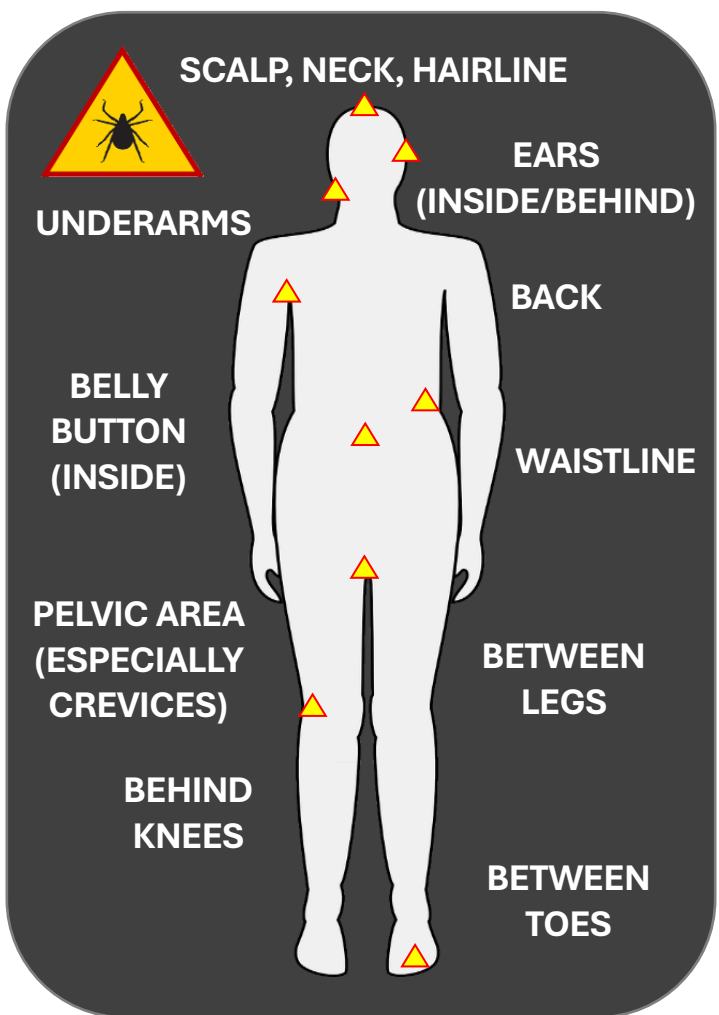


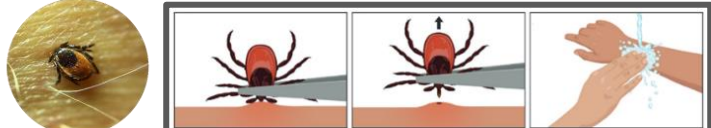
# DO YOU KNOW HOW TO PROTECT YOURSELF AGAINST TICKS?



## PREVENT BITES

- Wear protective clothing (light-colored long pants, long-sleeve shirt, permethrin-treated) and tuck pants into socks.
- Use EPA-approved tick repellents.
- Check for ticks daily after working in the field, forest or with animals. Check animals too.
- Use lint roller on clothes in field after working in or near tick-infested areas.
- Shower daily in peak tick periods (spring/fall).
- Use a mirror to check hard-to-see places.
- Put clothes in dryer (10 min) on high heat.

## IMMEDIATELY REMOVE TICK



Grab by the head at skin surface with fine-pointed tweezers, pull straight up and wash area with soap.

## WATCH FOR SYMPTOMS

- Disease symptoms include fever, fatigue, joint aches, muscle pain, headaches, bulls-eye rash (not always present) within 30 days of the bite.
- Contact medical provider for advice.

## LEARN MORE!

VT-TIC: UVM Tick Information Center

