## Tick Borne Diseases Precautionary Measures

## Ticks carry Lyme disease and several other diseases. Lessen your chances of being bitten:

- Wear long pants and long sleeved shirt. Tuck in your shirt. Tuck your pants into socks or boots, or use tape to close the opening where they meet.
- Wear a hat and tie back long hair.
- Use an EPA approved insect repellant that is affective for ticks. Before using, read product instructions.
- Wear light colored clothing so that a tick can be seen more easily.
- Change clothes when returning from an area where ticks may be located.
- Check clothing and body area on a frequent basis for deck.
- Wash clothing daily and place in a dryer for at least 30 minutes.
- Avoid and/or remove brushy, overgrown grassy and wood habitats, particularly during spring and early summer.









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