

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 repellent 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.**

