



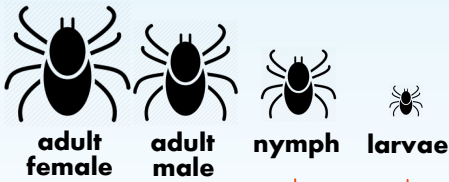
check for **TICKS**

- TREAT** clothing or skin with repellents.
- INSPECT** yourself, clothing and gear for ticks.
- CLEAN** & disinfect any area where a tick was removed.
- KEEP** record of the date the tick was removed.
- SHOWER** or wash off as soon as possible after coming indoors.



how to remove a **TICK**

- **USING TWEEZERS, GRASP TICK NEAR THE SKIN AND PULL STEADILY UNTIL IT IS REMOVED.**
- **DO NOT USE KEROSENE, MATCHES OR NAIL POLISH TO REMOVE TICK.**
- **DISINFECT SITE WITH SOAP AND WATER.**
- **CONTACT YOUR DOCTOR IF RASH OR FLU-LIKE SYMPTOMS APPEAR.**



active in
spring, fall
& winter

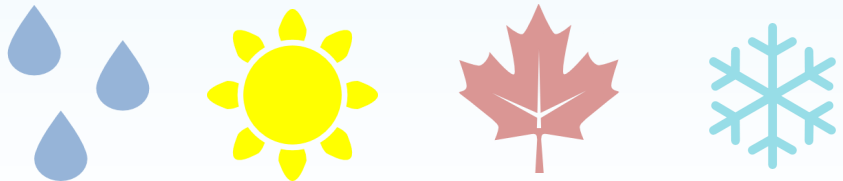
active in
spring &
summer

active
in late
summer

blacklegged **TICK**

Lyme disease is transmitted to people through the bite of infected blacklegged ticks.

BLACKLEGGED TICKS ARE ACTIVE ALL YEAR LONG



The onset of human Lyme disease cases peaks in **SUMMER** following the emergence of **NYMPHS**

Ticks enjoy areas with high grass and leaf litter.
Walk in the center of trails when hiking and

stay on the **PATH**