



Protect Yourself.

Avoid tick-infested areas.

- Avoid contact with overgrown grass, brush and leaf litter.
- Stick to the middle of the trail and avoid trail edges.

Check yourself daily.

- Always check for ticks after being outdoors, even in your own yard.

Protect Your House.

Don't forget your pets.

- Treat your dogs and cats for ticks as recommended by a veterinarian.
- Check your pets for ticks when they come indoors, especially in the summer months.

Create tick-safe zones in your yard.

- Remove leaf litter and clear tall grass and brush around houses and lawns.

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