



**Fight**  
the  
**Bite!**



**Ticks**

**Protect  
Yourself.  
Protect  
Your House.**



# 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.

## Use insect repellent.

- Use a spray repellent containing at least 20% DEET.
- Treat your clothes and camping gear with permethrin, especially pants, socks and shoes. Permethrin kills ticks on contact.

## Check yourself daily.

- Always check for ticks after being outdoors, even in your own yard.
- Pay special attention under your arms, ears, belly button, behind the knees, between the legs, around the waist, and on the hairline and scalp.
- Shower soon after being outdoors - within 2 hours - to more easily find ticks.

# 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 at the edges of lawns.
- Place wood chips or gravel between lawns and or play areas and wooded areas to create a dry barrier that is difficult for ticks to cross.

## Keep the deer away.

- Remove plants that attract deer.
- Plant deer-resistant crops.
- Fences make great neighbors and great barriers for deer.