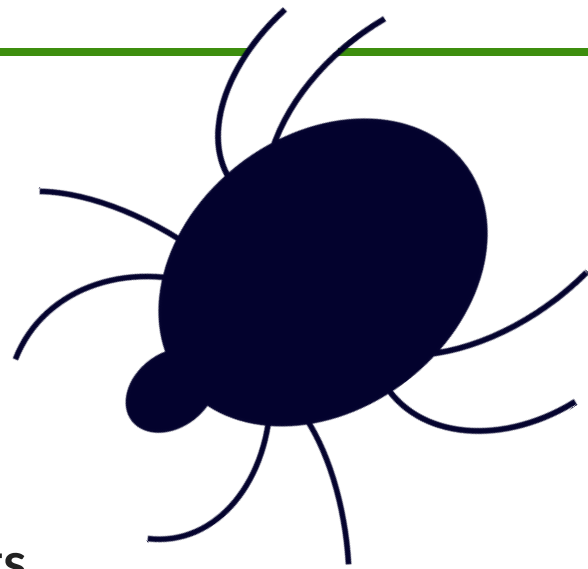


# CHECK FOR TICKS



**TREAT** clothing or skin with repellents.

**INSPECT** yourself, clothing and gear for ticks.

**CLEAN** & disinfect any area where a tick was removed.

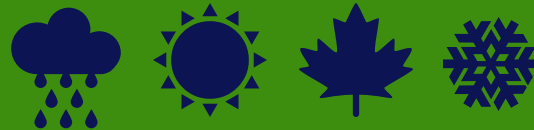
**KEEP** record of the date the tick was removed.

**SHOWER** as soon as possible after coming indoors.

## THE BLACKLEGGED TICK & LYME DISEASE

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

They are **ACTIVE** all year long.



## STAY ON THE PATH

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



## CONTACT YOUR DOCTOR

If you remove a tick and later discover a **bulls-eye** rash or experience **flu-like** symptoms.

