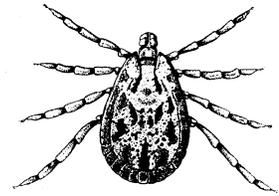


# PROTECT YOURSELF FROM TICK BITES

The warmer weather brings us outdoors and also brings some unwanted "guests". Here are some helpful hints to prevent being bit by a tick.

Lyme Disease and Rocky Mountain Spotted Fever (RMSF) are common in the US. Both are the result from a **Tick** bite.



Ticks are usually harmless, unless the tick is infected.

The tick that causes Lyme disease is the Black-legged Deer Tick. It is the size of the head of a pin and usually lives on deer. The American dog tick and the Rocky Mountain wood tick are the ticks that cause RMSF.

Here are some ways to protect yourself from ticks:

- Apply insect repellent. Use a repellent that contains DEET to exposed skin. Remember to read the product's instructions before use.
- Avoid wooded areas and areas with high grass and with lots of litter. Ticks are found in these areas.
- Wear long-pants, long-sleeves and sock if you are going to be in wooded areas. Tuck your clothing: pants into socks; shirts into pants. This will help to keep ticks on the outside of clothing.
- Stay in the middle of trails to avoid contact with high grass, bushes and leaf litter.
- Take extra care in the months of May, June and July. Ticks are most active these months.
- Remove outer clothing before coming indoors.
- Check yourself daily for the presence of ticks.
- Remove ticks using a pair of tweezers. If you find a tick, remove it using tweezers. Dispose of the tick in a plastic bag.
- Cleanse the area where the tick was with an antiseptic.

Remember: Generally, a tick needs to be on the skin for about 36 hours or more for it to spread Lyme disease or RMSF.

**Notify your primary care provider if develop a fever, nausea, muscle aches, headache, loss of appetite and/or a rash after a tick bite.**