Don’t let Tick Borne diseases get you. Enjoy the great outdoors. Be "Armed With Knowledge"

- Know where to expect ticks
- Tick-proof your yard
  - Wear light-colored clothing: hat, long sleeves, long pants, & enclosed shoes
- Use insect repellent
- Shower or bathe soon after being outdoors
- Check yourself for ticks daily
  - Also check children, infirm adults, and pets
- Remove a tick as soon as possible
- Get tick tested by qualified professional
- Call your doctor

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Revised April 2015