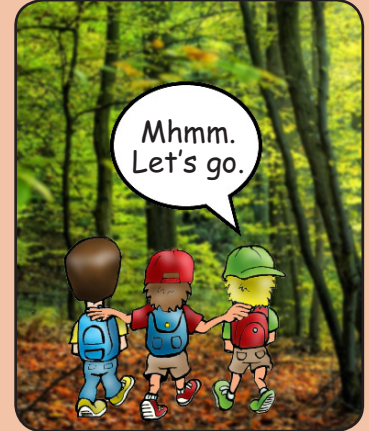


# Don't Let a Tick Make You Sick!



## Keep ticks away!

- Wear repellent on your bare skin or wear clothes that have repellent built-in.
- Check for ticks at the end of each day.
- Take a shower too! It will help wash off the ticks you can't see.
- Change clothes. Don't put on your old clothes that might have ticks still crawling on them.
- Avoid taking short cuts through thick brush and grass.

## Hey Grown-Ups!

- Make sure that the repellent you're using contains 20% or more of the active ingredient (like DEET).
- Help younger kids apply repellent and keep it away from eyes, mouth and hands.

Illustrations courtesy of: Jerome Mayo

National Center for Emerging and Zoonotic Infectious Diseases  
Division of Vector-Borne Diseases | Bacterial Diseases Branch

