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.