



Ticks: Natural Prevention



ONE OF THE MOST IMPORTANT THINGS YOU CAN DO IS CHECK YOURSELF FOR TICKS DAILY!

Tuck It In

- **WEAR A HAT AND LIGHT COLORED CLOTHING**
- **TUCK YOUR SHIRT INTO YOUR PANTS AND YOUR PANTS INTO YOUR SOCKS**
- **STICK TO MAIN PATHWAYS AND CENTER OF TRAILS WHEN HIKING**

BUG REPELLENTS

- **REPELLENTS THAT CONTAIN DEET CAN BE USED ON YOUR EXPOSED SKIN**

Get Sticky

- **USE A LINT ROLLER TO PICK UP LOOSE TICKS ON CLOTHING OR PETS**

Clean Up Your Act

- **PUT YOUR CLOTHES IN THE DRYER ON HIGH HEAT FOR 10 MINUTES TO KILL ANY TICKS**
- **TAKE A WARM SHOWER OR BATH WHERE UNATTACHED TICKS WILL BE WASHED AWAY**

Tick Checks

- **INSIDE AND BEHIND THE EARS**
- **ALONG YOUR HAIRLINE**
- **BACK OF YOUR NECK**
- **ARMPITS**
- **GROIN**
- **LEGS**
- **BEHIND YOUR KNEES**
- **BETWEEN YOUR TOES**