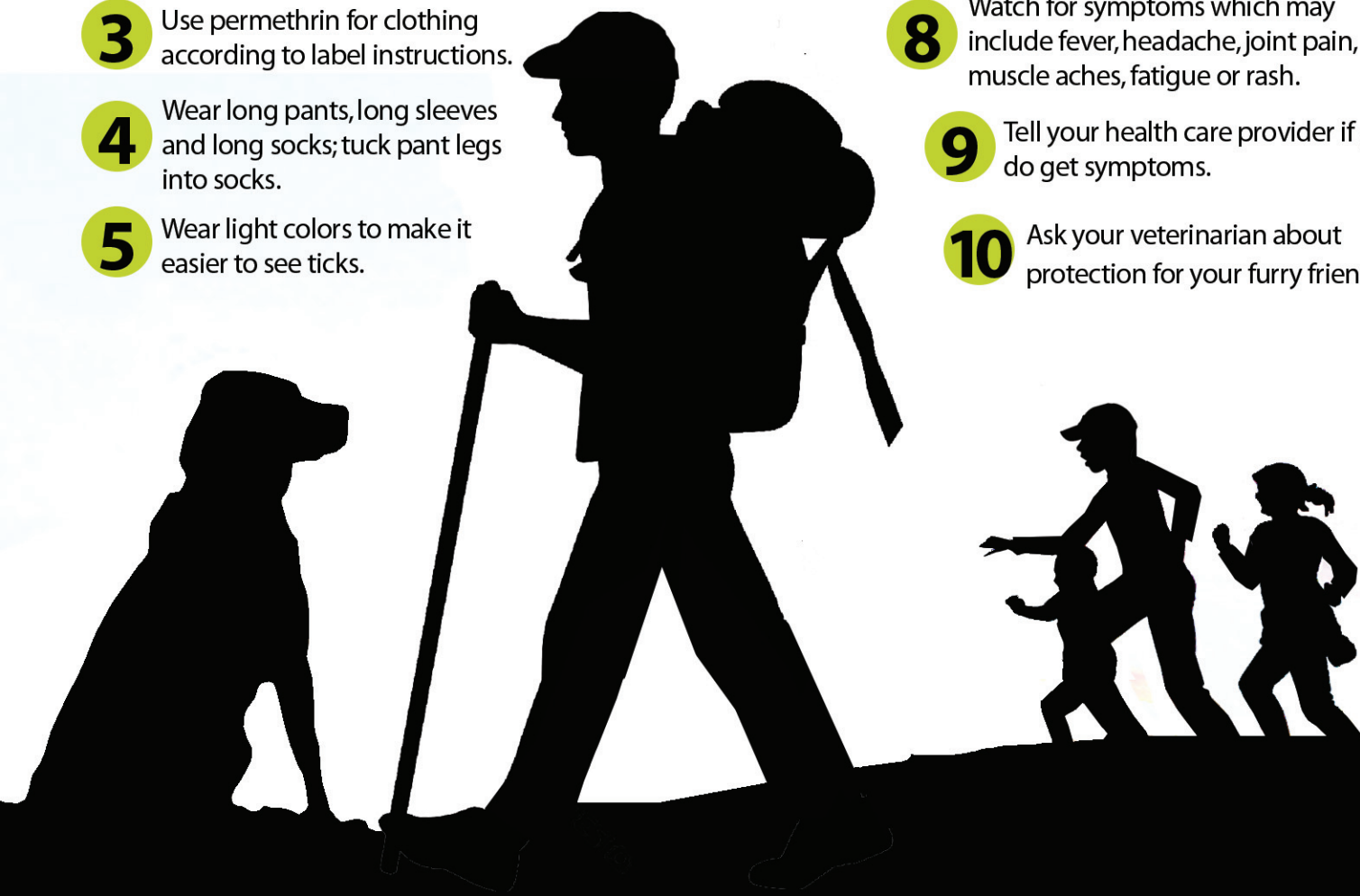


# BeTICK Smart!



## Protect Yourself Against Lyme Disease\*

- 1** Walk in the middle of trails; avoid tall grass, brush and leaf litter.
- 2** Use EPA-registered repellents with DEET according to label instructions.
- 3** Use permethrin for clothing according to label instructions.
- 4** Wear long pants, long sleeves and long socks; tuck pant legs into socks.
- 5** Wear light colors to make it easier to see ticks.
- 6** Check your whole body for ticks and promptly remove any you find; shower soon after being outside where ticks might be.
- 7** Continue doing tick checks 2 to 3 days after outdoor activities in tick infested areas.
- 8** Watch for symptoms which may include fever, headache, joint pain, muscle aches, fatigue or rash.
- 9** Tell your health care provider if you do get symptoms.
- 10** Ask your veterinarian about protection for your furry friends.



\*Lyme disease is the most commonly reported tickborne disease in Ohio. The best way to prevent tickborne diseases is to prevent tick bites.

**Protect • Check • Remove • Watch**

**Ohio.Gov/Tick**

**Ohio**  
Department of Health