

## TIPS TO REDUCE YOUR EXPOSURE TO TICKS:

- Check for ticks daily, especially under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and on the hairline and scalp. Parents should check their children thoroughly.
- Remove, wash, and dry clothing on high heat as soon as possible after spending time outdoors. Shower as soon as possible.
- Pull socks up over pant legs and tuck in shirts when outdoors to prevent ticks from climbing under clothing. Insect repellent or treated clothing can also be helpful in keeping ticks off the body. Please follow product instructions.
- Create a “tick-safe” yard by mowing the lawn frequently and keeping leaves raked. Remove brush and tall grasses at the edge of the home and from areas where children play.
- Treat dogs and cats for ticks as recommended by a veterinarian.

