

Early symptoms continued:

- * Flu-Like Symptoms
- * Rash (**only 20% of people find a rash or it may be in a spot that you cannot see easily**)

If you suspect you have been bitten by an infected tick and develop these and other symptoms, please see your health care provider.

REDUCE YOUR RISK OF TICK-BORNE ILLNESS!

1. Reduce Exposure.
 - * Avoid wooded and bushy areas with high grass and leaf litter.
 - * Walk in the center of paths.
2. Dress Properly in Tick Habitats.
 - * Light colored clothing.
 - * Long pants; long sleeved shirt tucked in; tuck pant legs into boots or bring socks over pant legs. Wear a hat.
 - * Use repellent with 20% deet or more and Lemon Eucalyptus repellent on skin. Use Permethrin on clothing only, never on skin. Refer to product labels for correct usage instructions and cautions.
3. Perform Tick Checks.
 - * Brush ticks from clothing before going indoors. Put clothes in dryer on high heat for at least 1 hour to kill ticks that you missed.
 - * After coming indoors, do thorough body checks on you and your children for ticks.

REMOVING TICKS FROM HUMANS AND ANIMALS.

A. Use tweezers or tick nippers, protect hands with a tissue or gloves to avoid contact with tick fluids on bare hands.



B. Grab tick close to the skin. Don't twist or squeeze the tick body as this may increase chances of transmission of disease.

C. Gently pull straight up slowly to make sure you remove all tick parts, including the head.

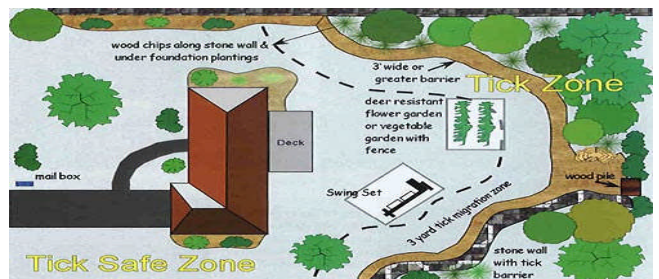
D. Place the tick in a plastic container or bag with a moist cotton ball inside. Check with your local or county health department or mosquito commission for information on tick testing in your area.

E. Disinfect and wash your hands.

F. Contact your local healthcare provider if you develop any symptoms of illness or for preventative treatment.

4. **Ask your Veterinarian** for preventative products for your pets and always check pets regularly for ticks.

5. **Tick management Strategies for Property**
 - * **Create Tick Safe Zones.**



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