

## Tick Safety

We all know the dangers of tick bites, so here is a reminder to protect ourselves from serious illness:

**STAY ON PATH**



**REPELLANT\* ON SKIN  
PERMETHRIN ON CLOTHES**



\* Deet or lemon-eucalyptus

**Is there a tick on you?  
Do a tick check!**



Here's where to look:

- Inside and behind the ears
- Along your hairline
- Back of your neck
- Armpits
- Groin
- Legs
- Behind the knees
- Between your toes

Ticks are tiny, so look for new "wrinkles."



Actual sizes of nymph (left), adult female dog tick (center) and adult deer tick (right)