



Protect Yourself from Ticks



Ticks are everywhere. They can carry diseases that can make you, your family or your pets very sick. Take steps to prevent tick bites.

Use an EPA-approved repellent anytime you're outdoors.



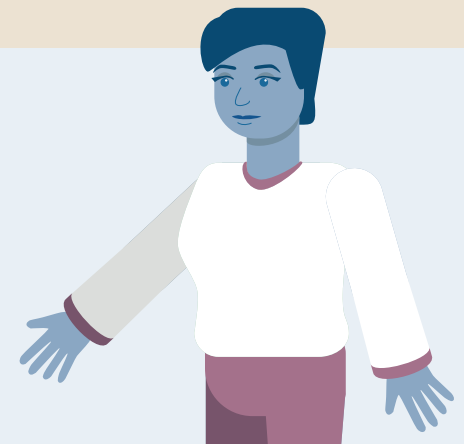
Wear long pants, long sleeves and socks to reduce exposed skin outdoors.



Check yourself, your children and your pets for ticks as soon as you come inside.



Light-colored clothing makes ticks easier to spot.



If you find a tick attached to your skin, remove it promptly using fine-tipped tweezers.



Call your doctor if you see a rash or feel like you have the flu, especially if you've been exposed to ticks.

For more information about each of these important steps, go to:
www.mass.gov/MosquitoesAndTicks

