



FIGHT THE BITE

TICKS



Find the right repellent for you!



Protect Yourself

Don't let a tick make you sick! Try these quick tick prevention tips:

Spray:

Use an EPA-registered insect repellent on clothing, shoes, and gear.

Wash:

Shower within 2 hours after coming inside.

Check:

Use a mirror for a tick check in hard-to-see or hard-to-reach places.

Protect Your Home



Clear tall brush and cut grass regularly.



Avoid plants that attract deer. Deer carry ticks which spread Lyme Disease.



Stack firewood neatly in a dry place.



Remove leaves from yard and gutters.



How to Remove a Tick

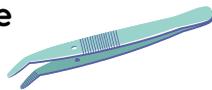
1

Wash your hands with soap and water and clean tweezers with rubbing alcohol.



2

With the tweezers, grasp the body of the tick.



3

Without twisting, pull the tick straight up.



4

Clean the bite area and wash your hands again.



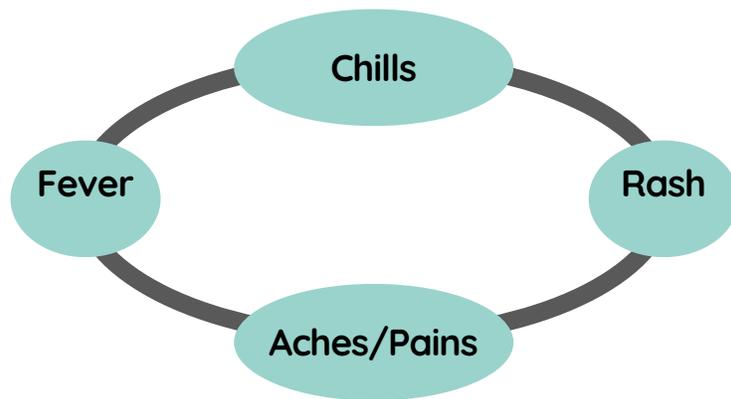
5

Dispose of the live tick. To do so, submerge in alcohol or place in a sealed bag.



Signs and Symptoms

Many tickborne disease have similar signs and symptoms, including:



Ticks are more common during warmer months (April-September), but tick exposure can occur year-round.

For more information on preventing tick bites, visit: www.cdc.gov/fight-the-bite



Public Health
Prevent. Promote. Protect.

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(732) 428-8405 | ourclark.com