



DON'T LET A TICK MAKE YOU SICK!

PROTECT YOURSELF AGAINST TICK BITES

Tick-borne diseases such as Lyme disease are not common in Washington, but they do occur. The best way to prevent getting sick is to avoid tick bites! Ticks live in grassy, brushy, or wooded areas. When heading into tick habitat, take the following steps to prevent disease:



Wear Repellent and Protective Clothes

Use an EPA-registered tick repellent on exposed skin and wear clothing treated with permethrin. Wear light-colored, tightly woven long pants and shirts with long sleeves. Tuck your pant legs into socks or boots, and your shirt into your pants. This helps keep ticks on the outside of your clothing where you can spot them more easily.

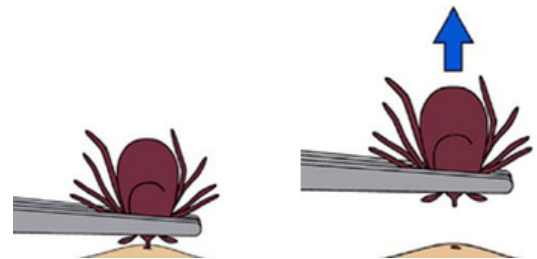


Check for Ticks

Check yourself, your kids, and your pets all over for ticks after being outdoors. On people, ticks especially like to be around the hair and ears, under arms and behind knees, and around the waist and between the legs. Shower soon after being outdoors to wash off unattached ticks.



If you find a tick:



Remove the tick as soon as possible to reduce your chances of getting sick. Use clean tweezers to grasp the tick as close to the skin's surface as possible and pull steadily upward. Clean the bite area with soap and water, then wash your hands. Call your healthcare provider if you start to feel sick within 1 month of the tick bite.

Send us your tick! Place it in a sealed container and visit www.doh.wa.gov and search for "ticks" to learn more.



Scan to learn more!

Pub 420-490, 2023. To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

