

BE



AWARE™

AVOID - WEAR - APPLY - REMOVE - EXAMINE

A

AVOID areas where ticks live. Ticks thrive in wood piles, long grass, leaf piles and beach grass.

W

WEAR light-colored clothing; long pants, sleeves, socks and close-toed shoes. Tuck long hair into hat.

A

APPLY EPA-approved tick repellent (such as picaridin or DEET) on skin and insecticide (such as permethrin) to clothing & shoes as directed.

R

REMOVE clothing upon entering the home; toss into dryer at HIGH temperature for 10-15 minutes.

E

EXAMINE yourself and your pets for ticks daily. Check everywhere--ticks love to hide!