Tick Bite Prevention
T.I.C.K.

**Treat clothes and shoes with permethrin**
Apply permethrin insecticide to clothes, shoes, gear before engaging in outdoor activities.

**Insect repellent**
Apply an EPA approved insect repellent to your skin and over your clothes before engaging in outdoor activities.

**Check for ticks**
Check for ticks regularly while you are outside and conduct a thorough tick check when you come inside. Shower shortly after coming inside and place clothes in the dryer.

**Keep watch for signs and symptoms of tickborne illnesses**
Watch for the signs and symptoms described for each disease, especially in the summer when ticks are most active. Seek medical care if you develop symptoms related to tickborne diseases.