

Ticks and Your Health



Why are we concerned about ticks?

Each year more people get sick from tick-borne diseases, such as Lyme Disease or Rocky Mountain Spotted Fever.

What can I do to prevent any tick-borne disease?

When working, playing or hiking outdoors:

- Avoid tall grass and dense growth in forests
- Wear light-colored clothing and long-sleeved shirts
- Tuck pants into socks and shirts into pants
- Apply insect repellents with DEET to skin and clothing
- Carefully check body and pets for ticks after being outside

How do I remove a tick?

- Use tweezers to grab the tick's mouth parts close to the skin; slowly pull straight out
- Place tick in plastic bag or jar to identify later if you get sick
- **Don't** use nail polish, alcohol, or Vaseline® before removing
- **Don't** touch the tick with your bare hands or squeeze its body



For more information, go to:

www.vdh.virginia.gov/Epidemiology/DEE/Vectorborne

Health Whys

A public health message from

Thomas Jefferson
HEALTH DISTRICT Serving: Albemarle Charlottesville
Fluvanna Greene Louisa Nelson

www.vdh.virginia.gov/LHD/ThomasJefferson

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