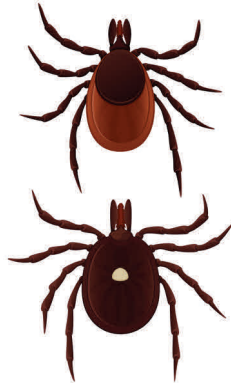


# It's Tick Season!

## ***Why are we concerned about ticks?***

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



## ***What can I do to prevent getting a tick-borne disease?***

When working, playing, or hiking outdoors:

- Avoid tall grass and dense growth in the woods.
- Wear light colored clothing and long sleeved shirts.
- Tuck shirts into pants and pants into socks.
- Walk in the center of forest trails, keep grass cut, and rake leaves/clear brush in wooded/shady yards.
- Apply insect repellents with DEET to skin, clothing, shoes, etc.
- Carefully check your body and pets for ticks after being outside.

## ***How do I remove a tick?***

- Using tweezers, grab the tick near its mouth parts as close to the skin as possible.
- Be careful not to squeeze or rupture the tick's swollen abdomen.
- Pull tick in a steady, upward motion until the tick releases from your skin.
- Wash yours hands and the bite site with soap and water after removal. Then, apply antiseptic to the bite site.
- Save the tick in alcohol or a plastic bag. If you become ill, the tick identification might help your doctor diagnose the illness.

***For more information visit:*** [www.cdc.gov/ticks/tickbornediseases](http://www.cdc.gov/ticks/tickbornediseases)



5/23

**HealthWhys**  
A public health message from  
**BlueRidgeHD.org**

Follow us on  
Facebook

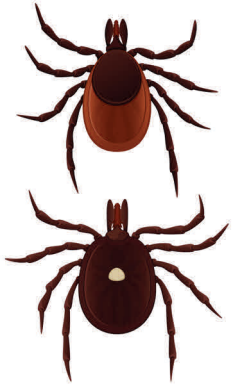


**VDH**  
VIRGINIA  
DEPARTMENT  
OF HEALTH  
To protect the health and promote the  
well-being of all people in Virginia.

# It's Tick Season!

## ***Why are we concerned about ticks?***

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



## ***What can I do to prevent getting a tick-borne disease?***

When working, playing, or hiking outdoors:

- Avoid tall grass and dense growth in the woods.
- Wear light colored clothing and long sleeved shirts.
- Tuck shirts into pants and pants into socks.
- Walk in the center of forest trails, keep grass cut, and rake leaves/clear brush in wooded/shady yards.
- Apply insect repellents with DEET to skin, clothing, shoes, etc.
- Carefully check your body and pets for ticks after being outside.

## ***How do I remove a tick?***

- Using tweezers, grab the tick near its mouth parts as close to the skin as possible.
- Be careful not to squeeze or rupture the tick's swollen abdomen.
- Pull tick in a steady, upward motion until the tick releases from your skin.
- Wash yours hands and the bite site with soap and water after removal. Then, apply antiseptic to the bite site.
- Save the tick in alcohol or a plastic bag. If you become ill, the tick identification might help your doctor diagnose the illness.

***For more information visit:*** [www.cdc.gov/ticks/tickbornediseases](http://www.cdc.gov/ticks/tickbornediseases)



5/23

**HealthWhys**  
A public health message from  
**BlueRidgeHD.org**

Follow us on  
Facebook



**VDH**  
VIRGINIA  
DEPARTMENT  
OF HEALTH  
To protect the health and promote the  
well-being of all people in Virginia.