

It's Tick Season!

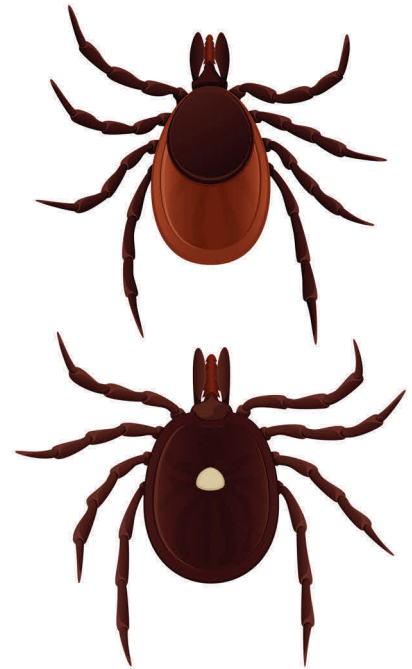
Why are we concerned about ticks?

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 your 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



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