

# PREVENTING TICK BITES

## Safety tips

### FOR GARDENERS & HIKERS:

- Wear light-colored long pants & sleeves
- Tuck pants into socks & shirt into pants
- Pre-treat clothing with permethrin
- Wear bug sprays that contain DEET

### FOR PET OWNERS:

- Talk with your vet about pet-specific medication
- Check yourself and your pet for ticks before coming inside

### LANDSCAPING TO PREVENT TICK BITES:

- Create ~3ft natural barriers between brushy, wooded areas and lawn
- Can opt to spray edges of lawn with insecticides
- More ideas at [tickencounter.org](http://tickencounter.org)