



Avoid tick-borne diseases, like Lyme disease and anaplasmosis.



Prevent tick bites



Make it a habit to **check yourself, your children and pets** for ticks after coming inside. To do a tick check, start low and go up: legs, groin and waistband, torso, arms and armpits, hair and back of ears.



Use repellents that contain DEET on your skin and treat your clothing and shoes with Permethrin. Read and follow repellent label directions carefully.



Wear light-colored clothing that covers your skin and tuck in loose ends (shirt into pants, pants into socks). Especially when in woody, brushy areas or in the garden.

More prevention tips at: mass.gov/mosquitoes-and-ticks

Found a tick?

Use this QR code to upload a photo.

Within 24 hours, an expert will identify the tick, tell you its risk level, and provide future prevention tips!

This free service is run by TickEncounter, at the University of Rhode Island. Visit web.uri.edu/tickencounter for more details.

