



Preventing Tick Bites on People

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

Before You Go Outdoors

- Know where to expect ticks
- Treat clothing and gear
- Use Environmental Protection Agency (EPA)-registered insect repellent
- Avoid contact with ticks



Scan the QR code to learn more about how to prevent tick bites on people and pets.



After Coming Indoors

- Check your clothing for ticks
- Examine your gear and pets
- Shower after being outdoors
- Check your body for ticks

Checking Your Body For Ticks

- In and around the hair
- In and around the ears
- Inside the belly button
- Under the arms
- Around the waist
- Between the legs
- Back of the knees

