

Prevent Tick-Borne Disease with T.I.C.K

Tick prevention is crucial in Pennsylvania where the risk of tick-borne diseases, such as Lyme disease, is high. Taking preventative measures like the steps noted below can greatly reduce the chances of tick bites.



T

TREAT CLOTHES AND SHOES WITH PERMETHRIN

Apply permethrin insecticide to clothes, shoes, gear before engaging in outdoor activities.

I

INSECT REPELLENT

Apply an EPA approved insect repellent to your skin and over your clothes before engaging in outdoor activities.

C

CHECK FOR TICKS

Check for ticks regularly while you are outside and conduct a thorough tick check when you come inside. ! Shower shortly after coming inside and place clothes in the dryer.

K

KEEP WATCH FOR SYMPTOMS

Watch for the signs and symptoms described for each disease, especially in the summer when ticks are most active diseases.

Contact your healthcare provider if you develop symptoms related to tickborne diseases.