BeTICK Smart!
Protect Yourself Against Lyme Disease*

1. Walk in the middle of trails; avoid tall grass, brush and leaf litter.
2. Use EPA-registered repellents with DEET according to label instructions.
3. Use permethrin for clothing according to label instructions.
4. Wear long pants, long sleeves and long socks; tuck pant legs into socks.
5. Wear light colors to make it easier to see ticks.
6. Check your whole body for ticks and promptly remove any you find; shower soon after being outside where ticks might be.
7. Continue doing tick checks 2 to 3 days after outdoor activities in tick infested areas.
8. Watch for symptoms which may include fever, headache, joint pain, muscle aches, fatigue or rash.
9. Tell your health care provider if you do get symptoms.
10. Ask your veterinarian about protection for your furry friends.

*Lyme disease is the most commonly reported tickborne disease in Ohio. The best way to prevent tickborne diseases is to prevent tick bites.

Protect • Check • Remove • Watch
Ohio.Gov/ Tick
Ohio Department of Health