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Prevent Tickborne Diseases

Some ticks carry pathogens that can cause human disease, including but not limited to Anaplasmosis, Babesiosis, Ehrlichiosis, Lyme disease and Rocky Mountain spotted fever. Tickborne diseases can result in mild symptoms, including fever/chills, aches and pains (headache, fatigue, and muscle aches) and a rash, treatable at home to severe infections requiring hospitalization.

Preventing Tick Bites

Avoid Direct Contact with Ticks

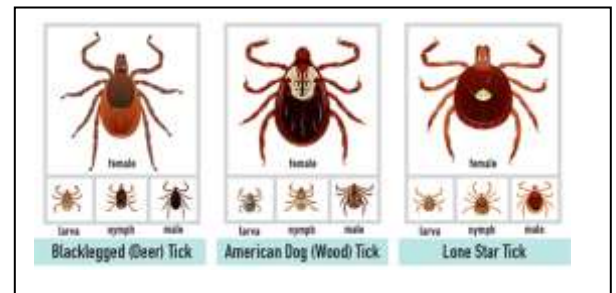
- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

Repel Ticks with DEET or Permethrin

- Use repellents that contain 20 to 30% DEET
- Use products that contain permethrin on clothing.

Find and Remove Ticks from Your Body

- Bathe or shower as soon as possible after coming indoors
- Conduct a full-body tick check
- Examine clothing, gear and pets.
- Tumble dry clothes in a dryer on high heat for 10 minutes



Heat Safety

- **Cover Up.** Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- **Use Sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.
- **Wear a Hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- **Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.



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