

**NASSAU COUNTY DEPARTMENT OF HEALTH**

# DON'T GET SICK FROM A TICK!

Tick bites can make people sick. Below are some ways you can protect yourself from tick bites while enjoying outdoor activities:

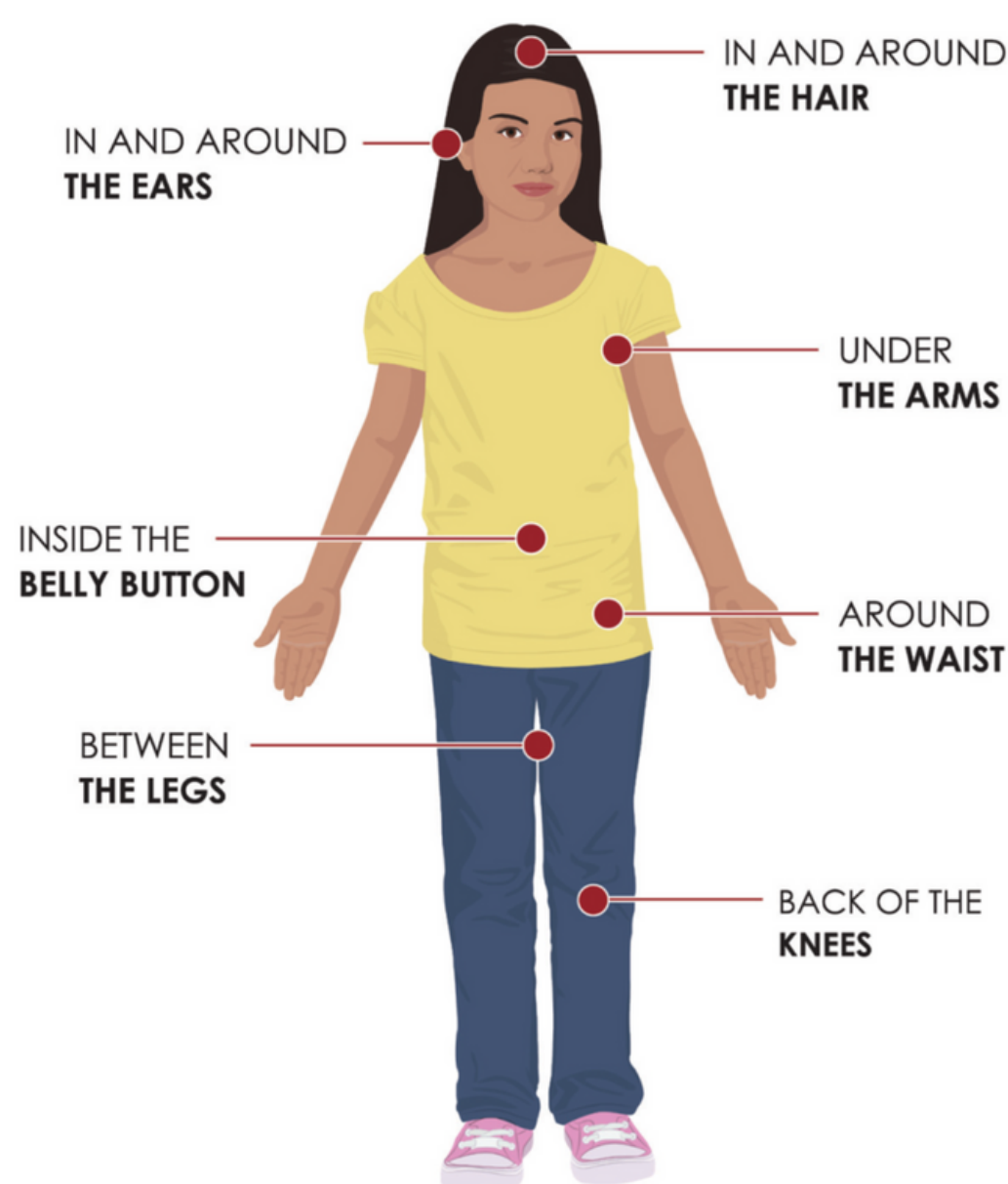
## THINGS YOU CAN DO:

### Avoid contact with ticks

Avoid wooded or bushy areas with high grass and leaves. Walk in the center of trails. Use EPA-registered insect repellent. Always follow product instructions.

**Check your entire body** for ticks and shower soon after being outdoors.

This is the actual size of blacklegged ticks during their different life stages:



**Remove attached ticks** properly and as soon as you can. Talk to your doctor if you feel sick in the days and weeks following a tick bite.

