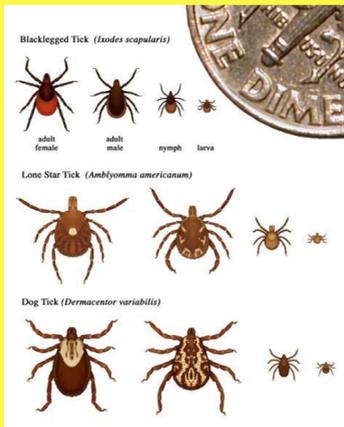


Get Ticked Off!

Maryland

Keep Ticks Off

- Insect repellent containing 20-50% DEET is recommended to prevent tick bites.
- Repellents with up to 30% DEET can be used on children over two months old.
- Wear light colored long pants and long sleeves to help keep ticks off skin.
- Tuck pants into socks, and shirts into pants.
- Check yourself, your kids and your pets for ticks daily.



Recognize the Symptoms

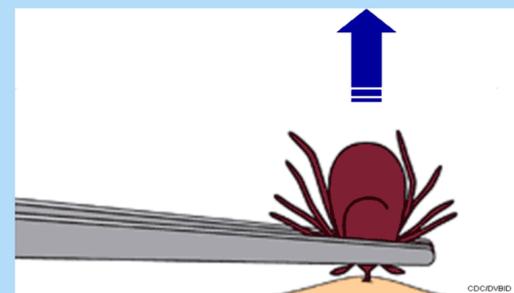
Early symptoms of a tick-borne disease include fever, headache, fatigue, and possible rash. See your health care provider if you have any of these symptoms after being in tick habitat or getting a tick bite.



CDC

To Remove a Tick

- Use fine-tipped tweezers and grab the tick close to the skin.
- Gently pull tick straight up, away from the skin.
- Wash your hands and clean the bite thoroughly.
- Do not use petroleum jelly, a hot match, nail polish or other products to remove ticks.



CDC

www.MarylandTickOff.org



**Maryland Department
of Health and Mental Hygiene**

Martin O'Malley, *Governor*

Anthony G. Brown, *Lt. Governor*

John M. Colmers, *Secretary*