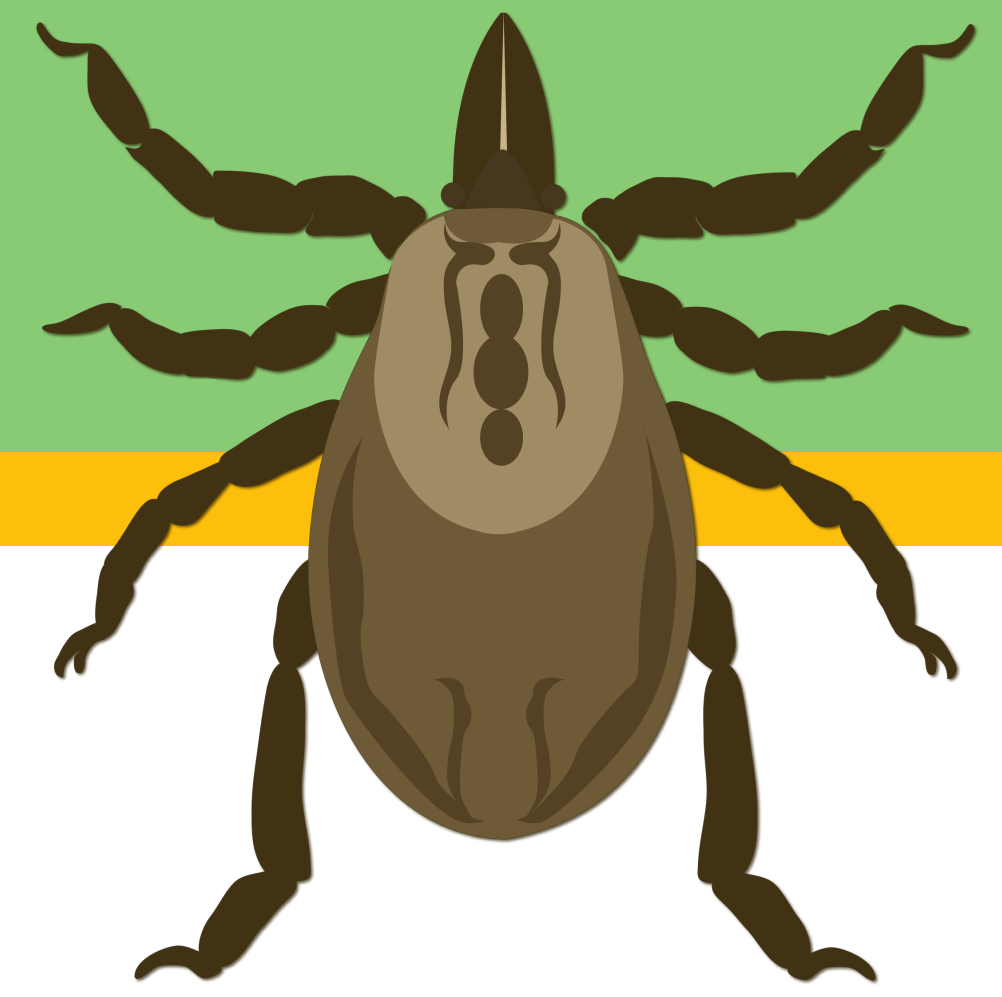


# Colorado Tick Check!

Tick-Borne Disease Prevention

[coloradoticks.org](http://coloradoticks.org)



## Why?

- Ticks can transmit multiple germs/substances that cause illness, including Lyme disease. The best way to avoid tick-borne diseases/conditions is to *PREVENT* a tick bite!



## Prevention Tac-"Ticks"

- Know your surroundings
- Wear permethrin treated clothing & gear
- Use repellants effective against ticks on exposed skin
- Tuck shirts into pants & pants into socks
- Stick to the center of trails away from tall grass & brush



## Check for Ticks!

- Do tick checks after spending time outdoors in tick habitats. Check kids, pets and gear too!
- Shower soon after returning indoors
- Place outdoor exposed clothing directly into dryer on high heat to kill ticks that may be clinging



## Proper Tick Removal

- Remove ticks promptly!
- Use fine nosed (pointy) tweezers, grasp tick close to skin, pull straight up with steady motion
- Place tick in airtight container
- Sanitize bite area, tweezers and hands
- Consider sending tick in for ID & testing

