**PREVENTION**

* **BEWARE OF TICKS.** Ticks do not hop, or fly, they crawl toward a host when detecting body heat, or carbon dioxide. Ticks live in weedy areas. Tall grass, leaf litter, low shrubs, underbrush and trail edges are favored. In highly infected areas, lawns may have ticks.
* **WEAR LONG SLEEVES & LONG PANTS.** Tuck the legs into your socks. Light colored clothes make it easier to spot ticks.
* **STAY IN THE MIDDLE OF TRAILS.** Try not to brush against leaves and other vegetation along trails.
* **USE AN INSECT REPELLENT.** Follow manufacturers directions. Look for ones containing 25-35% DEET.
* **CHECK FOR TICKS OFTEN.** Crawling ones can be brushed off carefully.
* **PLACE CLOTHES IN A DRYER.** A ½ hour dryer high heat cycle will destroy ticks which might be hiding in clothing.
* **TAKE A SHOWER.** as soon as you can after coming indoors.
* **DO A THOROUGH TICK CHECK.** Ticks crawl upward until they are stopped. Check legs, waistline, bra line, and armpits, and ask a family member to check scalp, back, etc..
* **USE REPELLENTS AND CHECK YOUR PETS.** Before they enter the house for crawling or attached ticks.