

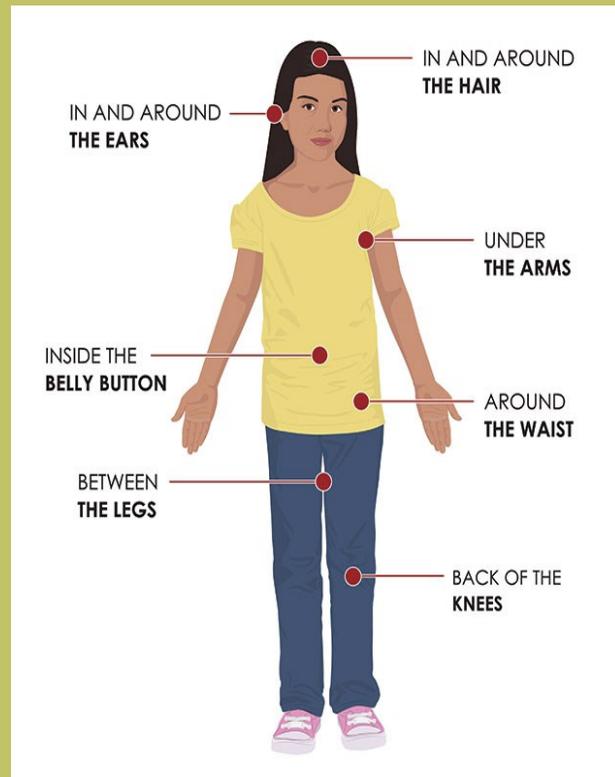
# How to be Tick Free

Tick-borne diseases are bacterial illnesses that spread to humans through bites from infected ticks. Early signs of tick-borne diseases generally include skin rash, general tiredness, fever and/or chills, headache, stiff neck, muscle aches, joint pain, and dizziness.

## Tick Prevention

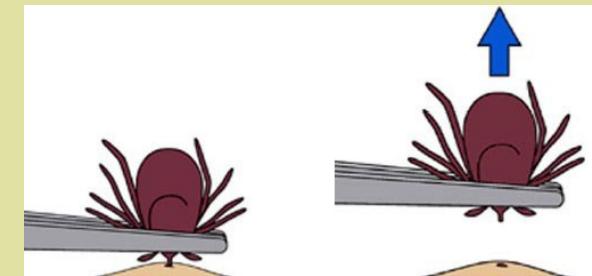
- **Know where ticks are**—wooded or grassy areas
- **Keep your yard clean**
- **Use tick repellent with DEET**
- **Inspect your entire body**—and your children's—for ticks after being outside
- **Cover up**—wear long sleeves and pants tucked into socks
- **Shower** within 2 hours after being outside
- **Protect your pets** by checking them daily

## Where to Check for Ticks



## How to Remove Ticks

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.



Lawrence Township Health Department



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