

Check, Check, Check

Do you spend time in places where ticks hide, like tall grass, brush or the woods?

A bite from an infected tick can make you seriously ill.

Here is a checklist of things you can do to protect yourself from tick-borne diseases:

for Ticks



✓ Wear long sleeves and long pants in solid, light colors to spot ticks easily



✓ Tuck pants into socks or boots to keep ticks out



✓ Check for repellents labeled to repel or kill ticks



✓ Use fingertips to feel for tiny bumps on scalp and skin, and look for any new "freckles" or spots



✓ Ticks can infect in four hours or less - remove ticks promptly



✓ Check pets completely for ticks before they come indoors



Missouri Department of
Health and Senior Services
1-866-628-9891 (Toll Free)
www.dhss.mo.gov/TicksCarryDisease