

DON'T LET A TICK MAKE YOU SICK!

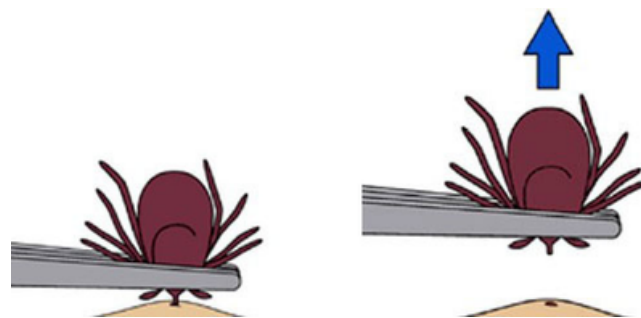
PREVENT TICK BITES AND ENJOY TIME OUTDOORS



Wear bug repellent and clothing that has been treated with permethrin and covers your arms and legs.



Check yourself, your kids, and your pets for ticks after being outdoors. If you find a tick on you, remove it as soon as possible with clean tweezers. Then clean the area and wash your hands.



Call your healthcare provider if you start to feel sick within one month of being bitten by a tick.



Send us your tick! Place it in a sealed container and visit www.doh.wa.gov and search for "ticks" to learn more.



Scan to learn more!

Pub 420-491, 2023. To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

