

A message from Washington State Department of Health

# Protect yourself against tick bites

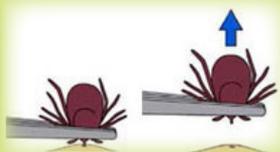
Tick-borne diseases such as Lyme disease, though not common, do occur in Washington. You may encounter ticks while camping and hiking. Keep yourself and your family safe from tick bites. It's the best way to avoid getting a tick-borne disease.

## Wear repellent

- Use insect repellents that contain DEET.
- Wear clothing that has been treated with permethrin.



### Found an attached tick?



Remove the tick **within 24 hours**. This greatly reduces your chances of getting a tick-borne disease.

Disinfect the bite area and wash your hands.

Call your healthcare provider if you get a fever or rash.

## After your hike

## Check for Ticks

Check yourself and your family for ticks and shower soon after your hike. Be sure to check your dog too!

Some tick species carry diseases. The Department of Health monitors ticks to understand which species are where. This helps us determine what the risks are for tick-borne disease in our state.

**Send us your tick!** Place it in a container with a few blades of grass. Go to [www.doh.wa.gov](http://www.doh.wa.gov) and search for "ticks" to learn how to submit your tick for identification.