



University of Vermont

Department of Environmental Health and Safety

Occupational Health and Safety Office

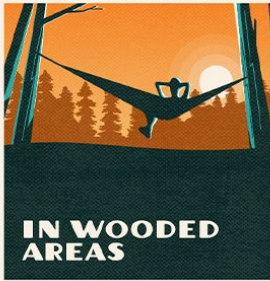
SAFETY SHORT

TICK BITE PREVENTION

WHERE CAN TICKS BE FOUND?



IN BRUSHY AREAS



IN WOODED AREAS



ON PETS & WILDLIFE

Whenever you spend time outdoors, it's possible there are ticks nearby. Take simple steps to protect yourself and your loved ones from tick bites and the illnesses they can spread.

Protect	<p>Before heading outdoors, protect yourself from tick bites:</p> <ol style="list-style-type: none"> 1. Avoid areas where ticks live. 2. Wear protective clothing and gear. 3. Use insect repellent. 4. Protect and check your pets. 	
Check	<p>Clothing, gear, and pets for ticks before going inside. Your body and your child's body. Shower and put clothes in the dryer on high heat for ten minutes.</p>	
Remove	<p>Remove any attached ticks right away.</p>	
Watch	<p>Watch for symptoms for 30 days after a tick bite and tell your provider if you get sick.</p>	

For more information on tick bite prevention, please visit:

<https://www.uvm.edu/safety/ticks>

<https://www.healthvermont.gov/disease-control/tick-bite-illnesses/prevent-tick-bites-tickborne-diseases>