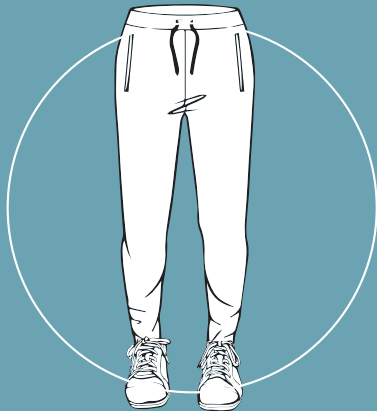


TICK FREE

NEW HAMPSHIRE

PREVENT • INSPECT • REMOVE

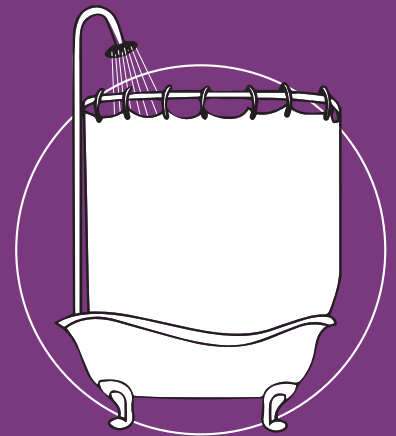
PREVENT LYME DISEASE



Wear protective clothing, including long pants and long sleeves with pants tucked into socks and shirt tucked into pants. Stay on the center of the path when hiking.



Treat your clothing and shoes with Permethrin. Spray exposed skin with an insect repellent containing 20-30% DEET. Never use more than 30% DEET on children.



Always check yourself and your pets for ticks after spending time in tall grassy, wooded or brushy areas. Take a shower after returning indoors to wash off any unattached ticks.

TICK IDENTIFICATION

BLACKLEGGED TICKS

Carry Lyme Disease

Actual size



Enlarged



REMOVE TICKS IMMEDIATELY

- Using tweezers, grasp the tick close to the skin
- Pull upward with steady, even pressure (Do not twist or yank the tick as this can cause tick parts to remain in your skin)
- After removing the tick, thoroughly clean bite area
- Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/ container, wrapping it tightly in tape, or flushing it down the toilet
- Call your doctor if you have been bitten by a tick

Questions?
Call 603-271-4496



tickfreenh.org

