



### PREVENT

- wear protective clothing with pants tucked into socks
- treat clothing and shoes with Permethrin
- spray exposed skin with DEET of 20% - 30%
- always check yourself and your pets for ticks after being in tall grass or the woods & shower after being outdoors

### REMOVE

- using a tick spoon or tweezers grasp tick closely to the skin
- pull upward with steady even pressure, don't twist!
- After removing, clean bite area with alcohol & call your doctor



Find tickfreenh:



### BLACKLEGGED TICKS Carry Lyme Disease

(actual size)



Adult Female



Adult Male



Nymph



Larva

tickfreenh.org



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