



## **It's Tick Season Again!**

Most of the tickborne diseases in VT are caused by bites from the blacklegged tick during early spring and late fall. The best way to prevent tickborne diseases is to prevent tick bites. Take these steps to protect yourself and your family from the diseases ticks spread; here are some suggestions from the VT Dept. of Health:

- ★ Use an EPA-registered insect repellent:  
<https://www.epa.gov/insect-repellents/find-repellent-right-you>
- ★ Walk in the center of trails to avoid contact with overgrown grass and brush.
- ★ Wear long pants and long sleeves. Tuck your socks over your pant legs.
- ★ Check your whole body (without clothing) after being outdoors.
- ★ If you spot a tick on your body, remove it using fine-tipped tweezers and pull straight up. Flush the tick down the toilet.

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Contact your health care provider if you get any of these symptoms after a tick bite: fever, headache, joint pain, muscle aches, fatigue, or rash. Symptoms can start 3 to 30 days after a tick bite.

Learn more at <http://www.healthvermont.gov/BeTickSmart>.