

# Ticks: They're out in MASS

Ticks are everywhere. They can carry diseases that can make you, your family or your pets very sick. Take steps to protect against tick bites.



Use EPA-approved repellents and follow the directions on the label.



When possible, consider wearing long pants, long sleeves and socks to reduce exposed skin outdoors.



**Light-colored clothing makes it easier to spot a crawling tick before it attaches.**



**Check yourself, your children, and your pets for ticks at least once a day or any time you have been outdoors.**



**Carefully remove ticks as soon as possible using fine-tipped tweezers.**



**Call your doctor if you see  
a rash or feel like you have  
the flu, especially if you've  
been exposed to ticks.**

For more information  
about each of these  
important steps, go to:

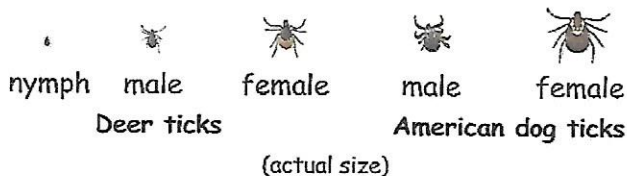
**[www.mass.gov/  
MosquitoesAndTicks](http://www.mass.gov/MosquitoesAndTicks)**



**Massachusetts Department  
of Public Health**

*Bureau of Infectious Disease, Division  
of Epidemiology and Immunization*

## TICK IDENTIFICATION CARD



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MA Department of Public Health  
617.983.6800  
[www.mass.gov/dph](http://www.mass.gov/dph)

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## TICK TIPS

Deer tick nymphs and adults may carry germs that cause Lyme disease, babesiosis or human granulocytic anaplasmosis (ehrlichiosis). American dog ticks can carry germs that cause Rocky Mountain spotted fever and tularemia.

Ticks are generally found in wooded habitats, near the ground. Deer ticks may be active year-round, but spring, summer and fall are seasons of high risk. Dog ticks are most active in spring and summer.

Ticks may be seen more readily on light colored clothing. Use repellents appropriately. Do tick checks daily.

Remove attached ticks at once. Grasp the tick close to the skin and pull upward using fine-point tweezers. Avoid squeezing the tick.

If you suspect that you have a tick-borne disease, see your doctor. 4/15