



**A small bite can lead to big problems, outsmart ticks and mosquitos!**



# FIGHT THE BITE

## BEFORE THE BITE

- ✓ USE EPA-APPROVED REPELLENT
- ✓ WEAR LONG CLOTHING
- ✓ CHECK FOR TICKS
- ✓ AVOID BUSHY AREAS
- ✓ USE PERMETHRIN ON CLOTHES

## AFTER THE BITE

- ➡ REMOVE TICKS USING CLEAN TWEEZERS
- ➡ NOTE ANY TICK BITES WITH DATES AND SIZE
- ➡ FLU SYMPTOMS OR RASH AFTER A BITE? CALL YOUR DOCTOR.