

# TICK SAFETY QUICK TIPS



**N**

Note the type of ticks that spread disease in your area.



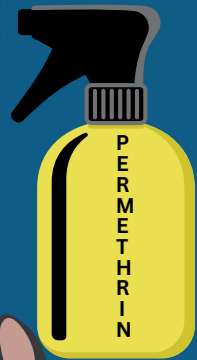
**O**

Outfit yourself with light-colored, long sleeves and pants.



**T**

Treat clothing and gear with permethrin (long-lasting insecticide).



**I**

Inspect your body and your pets for ticks.



**C**

Choose to use EPA-registered insect repellent.



**K**

Keep to the center of trails; avoid brush and tall grass.



**S**

Shower within two hours after being outside to find/wash away ticks.



For more information, visit [bit.ly/FightTheBiteNJ](https://bit.ly/FightTheBiteNJ) or scan the QR code

