



Tick-borne diseases

BE TICK-FREE!



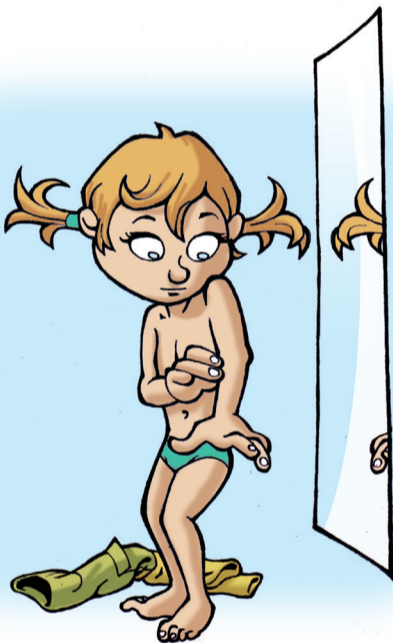
1 USE INSECT REPELLENTS



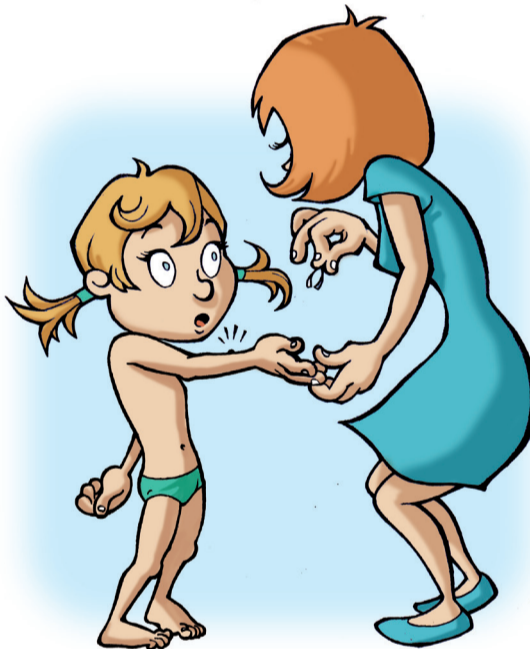
2 COVER UP



3 AVOID LONG GRASS OR BUSHES



4 CHECK YOURSELF FOR TICKS



5 REMOVE THE TICK QUICKLY



6 DISINFECT

WHAT IS A TICK?

✓ TICKS ARE SMALL, INSECT-LIKE CREATURES

Normally, they bite wild animals but they can bite humans and your pets too.

WHY AVOID TICK BITES?

✓ ONCE A TICK BITES YOU IT USUALLY STAYS ON YOUR BODY FOR A FEW DAYS

A tick-bite will only itch a bit, but some ticks can carry diseases that can be passed on to you. That is why it is very important to try to avoid being bitten by ticks – and to remove them quickly if it does happen.

