Fight The Bite

PREVENT TICK-BORNE ILLNESS

KNOW THE FACTS:

Before going out:
• Wear light colored clothing, tuck shirt into pants and pants into socks.
• Wear closed shoes.
• Apply a tick repellent and follow product directions—for children consult your pediatrician.

While Outside:
• Stay in center of trails.
• Avoid low bushes and leafy brush.
• Periodically check clothing and skin for ticks and remove them.

Upon Return:
• Check clothing, skin and hair for ticks.
• Check pets for ticks after each time they are out.
• Promptly remove any ticks carefully with tweezers.

To learn more about tick-borne illnesses call the Atlantic County Division of Public Health at: 609-645-5935 or visit our website: www.aclink.org/publichealth