



CLAY COUNTY

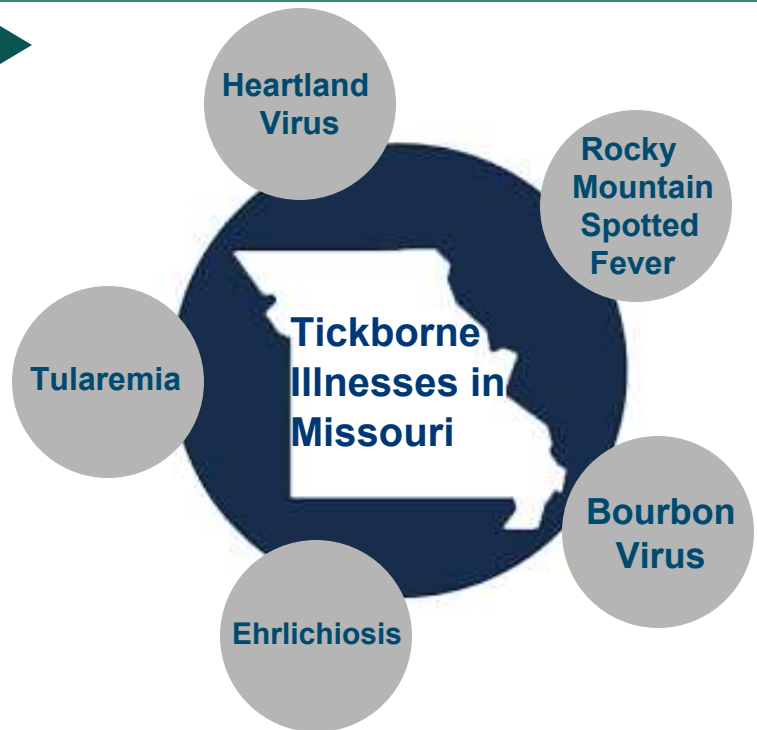
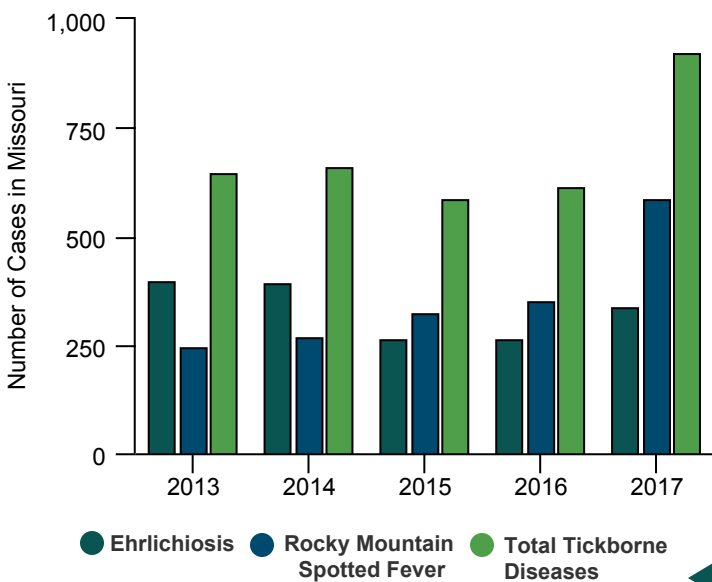
PUBLIC HEALTH CENTER



TICKBORNE DISEASE

Tick Tips

- ◆ Walk in center of trails
- ◆ Use insect repellent containing DEET
- ◆ Shower soon after being outdoors
- ◆ Carefully inspect and remove ticks immediately
- ◆ Common tick spots on the body: in/around hair, in/around ears, under arms, inside belly button, between legs, back of knees



Did you know...

- ◆ Tickborne diseases are infectious diseases transmitted from an infected tick to a human
- ◆ Tick and mosquito-borne illnesses increased three-fold between 2004 and 2016
- ◆ People with other health problems are more likely to develop serious illness from an infected tick bite

TICK REMOVAL:

- 1 Use tweezers to grab the tick as close to the skin as possible
- 2 Pull upward in a steady motion (no twisting)
- 3 Once tick is removed, clean the bite area with soap and water

