



Maryland Get “Ticked” Off!

Keep Ticks Off

Protect yourself, your family, and your pets.

- Use an Environmental Protection Agency (EPA)-registered insect repellent containing **DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone**. Follow product instructions.
- Wear light-colored long pants and long sleeves to help spot ticks.
- Tuck pants into socks and shirts into pants.
- Check yourself, your children, and your pets for ticks every day.



Know the Signs

Early symptoms of a tickborne disease may include:

Fever • Headache • Fatigue • Rash

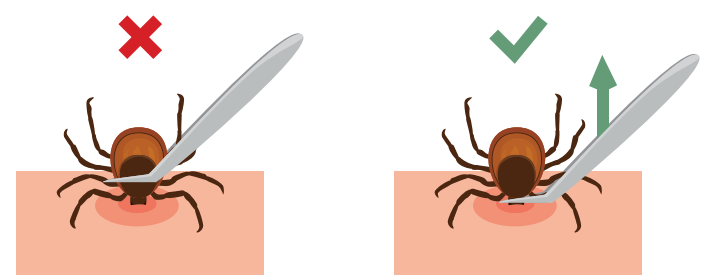
If you develop symptoms after spending time in an area where ticks may be present or after a tick bite, contact your health care provider.



Remove a Tick

- 1. Grab:** Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible.
- 2. Pull:** Pull upward with steady, even pressure. Do not twist or jerk the tick.
- 3. Clean:** Wash your hands and clean the bite area with soap and water.

Do not use petroleum jelly, a hot match, nail polish, or other products to remove a tick.



Know the Ticks

The ticks that most commonly bite people in Maryland are:

Blacklegged tick • Lone star tick • American dog tick

Not every tick bite transmits disease.

For more information, visit health.maryland.gov/tick.



Sources & Credits

Content and graphics adapted from the Centers for Disease Control and Prevention (CDC).

CDC Tick Resources: cdc.gov/ticks