

MARYLAND, GET “TICKED” OFF!

Keep Ticks Off

- Use Environmental Protection Agency (EPA) registered insect repellents containing: DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), P-menthane-3,8-diol (PMD), or 2-undecanone — follow product instructions
- Wear light-colored long pants and long sleeves to help keep ticks off skin
- Tuck pants into socks, and shirts into pants
- Check yourself, your kids, and your pets for ticks daily



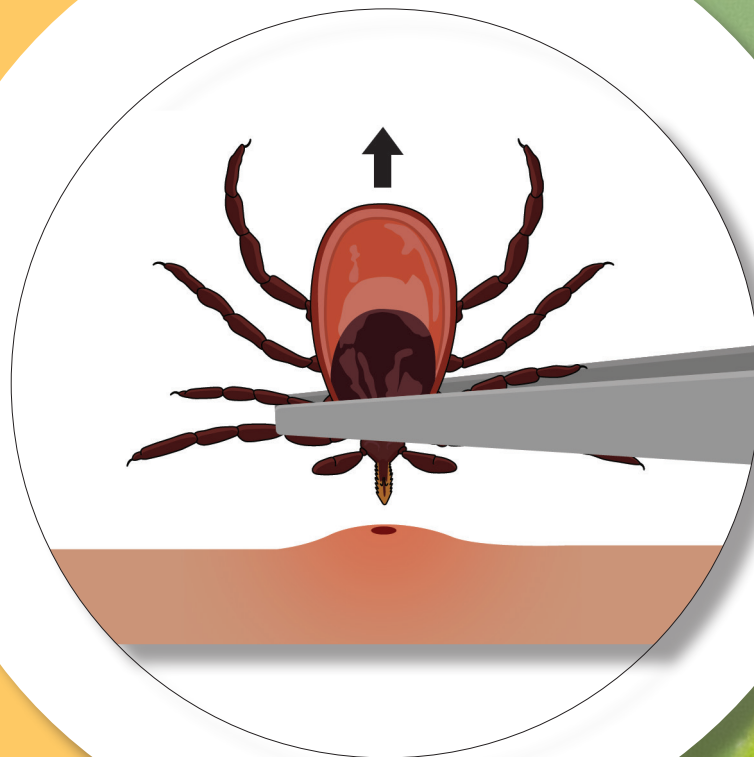
Recognize the Symptoms

- Early symptoms of a tickborne disease include fever, headache, fatigue, and possible rash
- See your health care provider if you have any of these symptoms after being in a tick habitat or getting a tick bite



Removing the Tick

- Use fine-tipped tweezers and grab the tick close to the skin
- Gently pull the tick straight up, and away from the skin
- Wash your hands and clean the bite area thoroughly
- Do not use petroleum jelly, a hot match, nail polish, or other products to remove ticks



Recognizing Ticks that Commonly Bite Humans

- The most common ticks in Maryland are the blacklegged tick, the lone star tick, and the American dog tick
- Not every tick bite transmits disease



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

Maryland Department of Health
Center for Zoonotic and Vector-borne Diseases



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