Walk in the center of trails to avoid overhanging grass and brush.

Wear light colored clothing & tuck pants into socks.

Apply insect repellent containing DEET as directed.

Examine clothing & skin frequently for ticks.

Carefully remove attached ticks immediately.

Examine pets for ticks, remove immediately if found.

Shower as soon as possible after tick exposure.

See your doctor if any unexplained rash, fever, or other illness develops after tick exposure.

Adapted from an Illinois Department of Public Health Publication