• 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