### **Date: [ENTER DATE]**

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### **[INSERT TOWN HEADER]**

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### **PSA Tick Safety**

**Protect Yourself and Your Loved Ones from Tick-Borne Diseases**

Ticks are active during the warmer months and can transmit serious illnesses like **Lyme disease, anaplasmosis, and babesiosis**. Taking simple precautions can help you stay safe.

**Tick Prevention Tips:**

* **Dress Appropriately:** Wear light-colored, long-sleeved shirts and long pants. Tuck your pants into your socks to prevent ticks from reaching your skin.
* **Use Tick Repellents:** Apply repellents containing DEET on exposed skin and permethrin on clothing. Always follow product instructions.
  + [More information on choosing a tick repellent](https://www.mass.gov/info-details/tick-repellents)
* **Stay on Clear Paths:** Avoid wooded and brushy areas with high grass and leaf litter. Stick to the center of trails when hiking.
* **Perform Daily Tick Checks:** After being outdoors, check your entire body for ticks — especially under the arms, in and around the ears, behind the knees, and in hair.
* **Shower Soon After Being Outdoors:** Showering within two hours can help remove ticks and allows for a thorough tick check.
* **Check Your Pets:** Ticks can hitch a ride on pets. Regularly inspect animals, especially after they’ve been outside.

**How to Remove a Tick:**

1. **Use Fine-Tipped Tweezers:** Grasp the tick as close to the skin’s surface as possible.
2. **Pull Upward Steadily:** Apply even pressure. Don’t twist or jerk.
3. **Clean the Area:** After removal, clean the bite and your hands with rubbing alcohol or soap and water.
4. **Dispose of the Tick:** Place it in alcohol, seal it in a bag, wrap it in tape, or flush it. Never crush a tick with your fingers.

[For a video about tick removal.](https://youtu.be/S4Ny5YJh6Ws?feature=shared)

**If Bitten by a Tick:**

* **Monitor Your Health:** Watch for rash, fever, headache, joint pain, or fatigue.
* **Consult a Healthcare Provider:** If symptoms appear or if you have concerns, seek medical attention.

[**Tick Bite: What to Do from the CDC**](https://www.cdc.gov/ticks/pdfs/FS_TickBite-508.pdf)

**For More Information:**

[Mass.gov Tick-borne disease prevention](https://www.mass.gov/info-details/tick-borne-disease-prevention?_gl=1*r929io*_ga*MTk1ODAyNTcwNi4xNzA0MjI2NDk5*_ga_MCLPEGW7WM*czE3NDc2NzgyMTckbzckZzEkdDE3NDc2Nzk2NzIkajAkbDAkaDA.)

[Mass.gov Ticks and Mosquitoes](https://www.mass.gov/mosquitoes-and-ticks?_gl=1*1gyx5d5*_ga*MTk1ODAyNTcwNi4xNzA0MjI2NDk5*_ga_MCLPEGW7WM*czE3NDc2NzgyMTckbzckZzEkdDE3NDc2Nzk3NjckajAkbDAkaDA.)

[CDC Preventing Tick Bites](https://www.cdc.gov/ticks/prevention/index.html)

[CDC What to Do After a Tick Bite](https://www.cdc.gov/ticks/after-a-tick-bite/index.html)

[About Ticks and Tickborne Disease](https://www.cdc.gov/ticks/about/index.html)

Or contact your local health department at [INSERT HEALTH DEPARTMENT CONTACT INFO]

Stay safe, stay aware, and enjoy your summer outdoors!