

Prevent tick bites and the diseases they carry.



Ticks are found in and near wooded areas, tall grass and brush. Infected ticks can transmit diseases, including ehrlichiosis, Rocky Mountain spotted fever, tularemia and Lyme disease through their bites.

When outdoors:

- Walk in the center of trails.
- Use insect repellent on skin and clothing.
- Wear long pants, socks and boots.
- Tuck pants into socks.



WHAT TO LOOK FOR - TICK LIFE CYCLE

EGG



LARVA



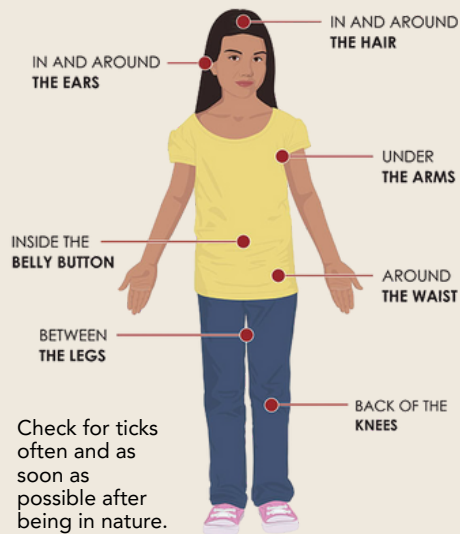
NYMPH



ADULT



CHECK YOUR BODY FOR TICKS



Cook County
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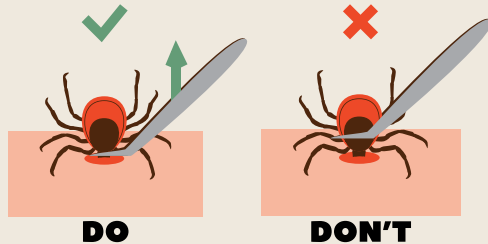
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What to do if you find a tick.



How to remove a tick

- Place tweezers as close to the skin as possible, and gently, but firmly, pull the tick straight up.
- Don't twist or jerk the tick. This can cause the tick mouthparts to break off and remain in the skin.
- Wash hands and apply antiseptic to the site of the bite.



Watch for symptoms of tickborne illness.

If you have been bitten by a tick, contact your doctor immediately if you develop a rash. It may look like a bullseye.



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