

Diseases from ticks can make people very sick. Anything you can do to prevent a tick bite helps you stay safe and healthy.

Here are a few tips:

- Wear bug repellent
- Walk in the center of nature trails
- Play on short-cut grass
- Do daily tick checks
- Avoid areas where ticks are found, like leaf piles and tall grasses
- Put your clothes in the dryer on high heat for 10 minutes to kill ticks when you come in from outside.
- Jump in the shower and do a tick check.