

# Tick-Free Tips

Take these steps to protect yourself from ticks and their bites!



## Prevent

- Tuck pant legs into socks
- Stay on trails



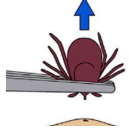
## Repel

- Spray clothes with permethrin
- Apply insect repellents to skin



## Check

- Shower and check tick hotspots: Head, neck, arm/knee pits, belly button, groin



## Remove

- Use a set of tweezers
- Grasp close to the skin
- Pull straight out

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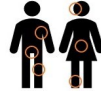
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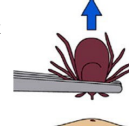
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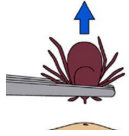
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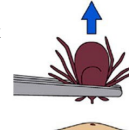
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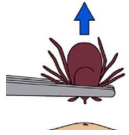
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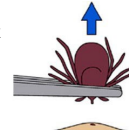
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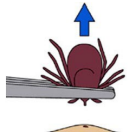
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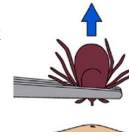
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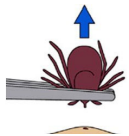
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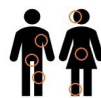
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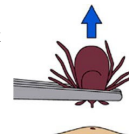
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