

# BE TICK SMART



PROTECT · CHECK · REMOVE · WATCH



## Blacklegged Tick

Spreads Lyme disease, Powassan virus, babesiosis, anaplasmosis, & *Borrelia miyamotoi*

- Over 99% of tickborne diseases reported in Vermont are caused by this tick
- Ticks can be as small as a poppy seed

## Other disease-spreading ticks in Vermont



American  
Dog Tick



Woodchuck  
Tick



Lone Star  
Tick

For more information on tickborne diseases:  
[healthvermont.gov](http://healthvermont.gov)

## PROTECT

- Use an EPA-approved tick repellent on skin
- Apply permethrin to clothing
- Wear light-colored pants and long sleeves

## CHECK

- Perform daily checks on yourself, your children and pets
- Shower soon after spending time outdoors

## REMOVE

- Use tweezers to grab tick close to skin
- Pull tick straight up, do not twist
- Wash hands & bite area with soap & water
- Put clothing in dryer for 10 minutes on high

## WATCH

- Watch for symptoms of tickborne diseases, such as fever, muscle aches, fatigue and joint pain
- Most Vermonters with Lyme disease develop a rash, but 30% do not
- If you develop any of these symptoms, contact your health care provider