



## THERE ARE AT LEAST 15 TICK-BORNE DISEASES

And all are becoming more common. Know before you go!  
Follow this guide for a healthy, disease free summer.



**PROTECT** yourself before venturing into woods or tall grass. Wear long pants, socks over the cuffs, and use tick repellent.



**AVOID** contact with leaves and tall grass.



**CHECK** yourself (and others) afterwards.



**REMOVE** ticks from below, not by squeezing their bodies. (No Vaseline or matches.)

*If you do get bit...*



### **KEEP THAT TICK!**

Put it in a pill container with a green leaf. If you get a bullseye-shaped rash and/or flu-like symptoms, bring the tick with you to the doctor.



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MEDICAL SCHOOL

Content reviewed by faculty  
at Harvard Medical School