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# Fight The Bite



***PREVENT TICK-BORNE ILLNESS***

## **KNOW THE FACTS:**



### **Before going out:**

- Wear light colored clothing, tuck shirt into pants and pants into socks.
- Wear closed shoes.
- Apply a tick repellent and follow product directions—for children consult your pediatrician.



### **While Outside:**

- Stay in center of trails.
- Avoid low bushes and leafy brush.
- Periodically check clothing and skin for ticks and remove them.



### **Upon Return:**

- Check clothing, skin and hair for ticks.
- Check pets for ticks after each time they are out.
- Promptly remove any ticks carefully with tweezers.



To learn more about tick-borne illnesses call the Atlantic County Division of Public Health at: **609-645-5935** or visit our website: **[www.aclink.org/publichealth](http://www.aclink.org/publichealth)**



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