TICK SAFETY QUICK TIPS

Note the type of ticks that spread disease in your area.

Outfit yourself with light-colored, long sleeves and pants.

 Treat clothing and gear with permethrin (long-lasting insecticide).

Inspect your body and your pets for ticks.

Choose to use EPA-registered insect repellent.

Keep to the center of trails; avoid brush and tall grass.

Shower within two hours after being outside to find/wash away ticks.

For more information, visit bit.ly/FightTheBiteNJ or scan the QR code

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