

Disease Prevention Checklist

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:



BLOCK TICK BITES AND LYME DISEASE

When warm weather arrives, you might get the urge to walk barefoot through the grass. But before you stroll through your lawn or head out on a hiking trail, you'll want to protect yourself and your loved ones from ticks that often lurk in tall grass, thick brush, and wooded areas. Many ticks carry disease, so do what you can to keep ticks from taking a bite out of you.

TO PREVENT TICK BITES AND TICK-BORNE DISEASES:

When outdoors:

- Treat clothing and gear with products containing permethrin.
- Use insect repellents as directed. Find effective ones from the EPA at www.epa.gov/insect-repellents.
- Avoid areas where ticks hide, including high grass and leaf litter.

When back indoors:

- Change your clothes when you come inside. Wash the clothes you used outdoors in hot water.
- Check your whole body for ticks. Ticks can be as small as a poppy seed. Remove ticks with tweezers. Pull upward with steady, even pressure.
- Shower within two hours after coming indoors, to wash away ticks before they latch on.