

Tick season is in full swing, and ticks can carry diseases that can cause serious illness and sometimes death if left untreated. Take the following precautions to prevent tick bites:

- ✓ Mow regularly
- ✓ Avoid wooded or bushy areas with tall grass & leaf litter
- ✓ Use repellents like DEET, picaridin, or oil of lemon eucalyptus
- ✓ Wear light-colored clothing that covers the body
- ✓ Check people, pets, & outdoor gear after being outside
- ✓ Shower within 2 hours of being outside
- ✓ Wash clothes in hot water &/or dry on high at least 10 min.

Symptoms of tick-borne disease can include any unusual rash or unexplained flu-like symptoms, including fever, severe headaches, body aches, and dizziness. See your doctor immediately if you have been bitten and experience any of these symptoms. Learn more: <https://bit.ly/3wWac3f>.



**For more information, contact the Cheyenne County Health
Department at 785-332-2381**