

# NOW IT'S OKAY TO GET TICKED OFF!

*Here's how to keep  
ticks off you.*

Wear long sleeve shirts, long pants, a baseball cap and sneakers with sox. Now use a repellant spray with DEET on exposed skin and clothing. Okay, you won't look like a fashion plate but it's better than being a dinner plate for the next hungry tick.



And when you get home from the woods, take a shower, then give yourself a check-over to make sure none of those pesky critters have dug into you. If they have don't ignore it. Dig out the tick with tweezers, Yep, they can get embedded under the skin. Then make an appointment to see a medical professional even if you've dug the bug out!

If you find nothing after your check-over but develop flu-like symptoms or a rash after a couple of days, don't worry but don't wait. Go and get checked out. Treatment is easy, and you'll feel better fast.

But prevention is always the best medicine.

So, before your next adventure in the great outdoors, remember to get **TICKED OFF!** Just wear the right gear, use the right spray and you'll be good to go on your next hiking, biking or camping trip.

