Deer tick bite prevention

Check and re-check for ticks when you are in tick-infested areas

1. When in deer tick habitat, walk in the center of the trail to avoid picking up ticks from grass and brush.

2. Wear light colored clothing so ticks will be more visible.

3. Create a barrier to ticks by tucking pants into socks or boots and tuck long sleeved shirt into pants.

4. If you use an insect repellant, carefully follow the directions on the container.

5. After being outdoors in tick habitat, do a complete body check, shower and vigorously towel dry.

6. Take precautions when in tick habitat, but don't panic if you find a deer tick on you.