

Don't Be A Tick Magnet!



Tuck!



Before going outside, be sure to tuck your pant legs into your socks.



Spray!



Use bug spray or repellent before going outside.



Inspect!



When coming in from outside, inspect your clothes and skin.

For more information regarding tick prevention, removal, and symptoms please visit us at <https://www.cdc.gov/ticks/index.html>



Maine Department of Health and Human Services

Maine CDC

Maine Center for Disease Control and Prevention