

## Don't let the 'ick' in ticks make you sick

**M**ost people dislike ticks. They eat nothing but blood, look gross and crawl around. But what they are most hated for is causing disease in people.

Ticks can spread viruses and bacteria to humans that can make you sick. But you can take steps to reduce your chances of getting bit when you are outdoors.



Photo above by Drazen Zigic, below by Tomas Klejdysz, courtesy iStockphoto

### Quick facts on ticks:

**1** Ticks thrive in hot weather. They are becoming more common as climate change warms the Earth. They hang out in grasses and attach themselves to humans and animals that pass by. They live in every U.S. state and beyond.



**2** Lyme disease is a common tickborne disease in the U.S. Symptoms for it and other tickborne illnesses are fever, headache and fatigue. Antibiotics resolve most cases, though some people have lingering symptoms.

**3** To prevent bites, wear insect repellent and clothes that cover as much of your skin as possible.

**4** After a walk in the grass, check your body for ticks. Put your clothes in a dryer take a shower just in case. Your pets can get ticks too after being outside. Check them for ticks by running your fingers slowly over their body.

**5** If you do find a tick on your body, use tweezers to grasp the tick and pull until it lets go. Make sure to get the head.



>> [Learn more about tick bite prevention at www.cdc.gov/ticks](http://www.cdc.gov/ticks)