

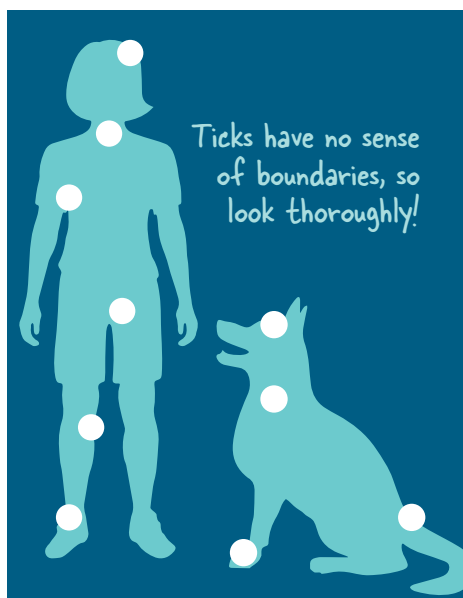
# DON'T LET TICKS KEEP YOU INDOORS.

Ticks are active year-round - not just in the summer. By following precautionary measures against ticks and practicing safe tick removal, you will be ready to enjoy the great outdoors!



## PREVENT

Use EPA-approved repellents (DEET, picaridin, etc.). Tuck pants into socks.



## CHECK

Check yourself, children and pets for ticks. Circles above highlight areas ticks prefer.



Got the willies?  
Take a shower & throw  
clothes in dryer on high  
for 30 minutes!

## REMOVE

Use tweezers, grasp tick as close to the skin as possible and pull straight out.

## TAG & GO

Become a citizen scientist and help researchers better understand where ticks are present and what health risks they may pose.

Submit tick photos to:  
[inaturalist.org/projects/tick-tag-go](https://inaturalist.org/projects/tick-tag-go)



Scan me to  
find iNaturalist!



[TickTagGo.unl.edu](https://TickTagGo.unl.edu)

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