

Don't Let a Tick Make You Sick!



Keep ticks away!

- Wear repellent containing DEET or Icaridin on your skin and clothing (always follow the directions on the label)
- Check for ticks at the end of each day.
- Take a shower too! It will help wash off the ticks you can't see.
- Wear light-coloured clothing to better spot ticks, and don't put on your old clothes
- Avoid short cuts through thick brush and grass.

Hey Grown-Ups!

- Help younger kids apply repellent and keep it away from eyes, mouth and hands.
 - Concentration of DEET for children 2-12 is up to 10%
 - For adults and children older than 12 it's up to 30%

Illustrations courtesy of Jerome Mayo

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Haldimand and Norfolk