

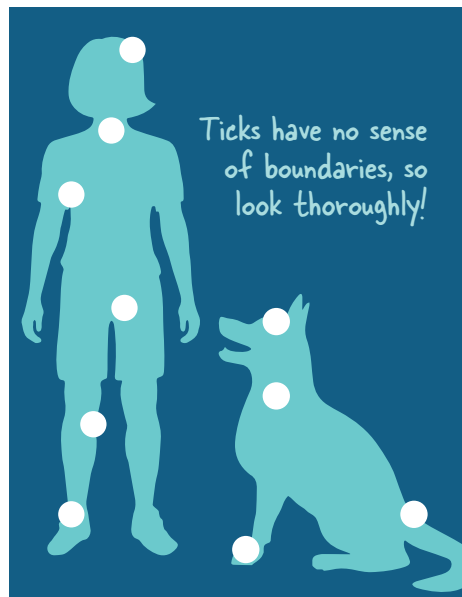
DON'T LET TICKS KEEP YOU INDOORS.

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.



Ticks have no sense of boundaries, so look thoroughly!

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



Scan me to find iNaturalist!



TickTagGo.unl.edu

Copyright ©2023.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination.



NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

