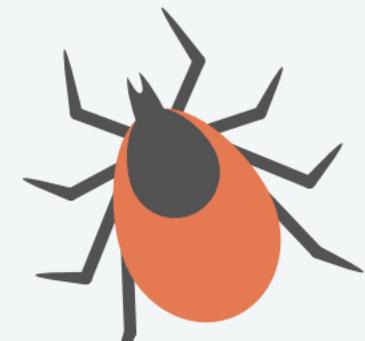




Protect Yourself from Ticks

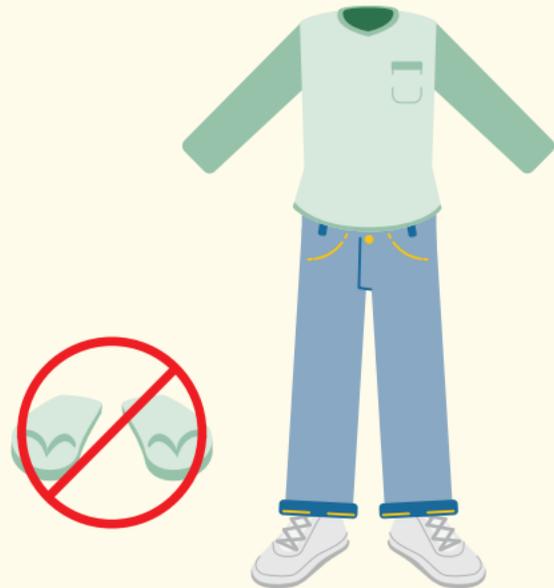
Ticks are everywhere. They can carry diseases that can make you, your family or your pets very sick. Take steps to prevent tick bites.



Use an EPA-approved repellent anytime you're outdoors.



Wear long pants, long sleeves and socks to reduce exposed skin outdoors.



Check yourself, your children and your pets for ticks as soon as you come inside.



Light-colored clothing makes ticks easier to spot.



If you find a tick attached to your skin, remove it promptly using fine-tipped tweezers.



Call your doctor if you see a rash or feel like you have the flu, especially if you've been exposed to ticks.

For more information about each of these important steps, go to:
www.mass.gov/MosquitoesAndTicks



Massachusetts Department of Public Health
Bureau of Infectious Disease,
Division of Epidemiology and Immunization



Protect Yourself from Mosquitoes

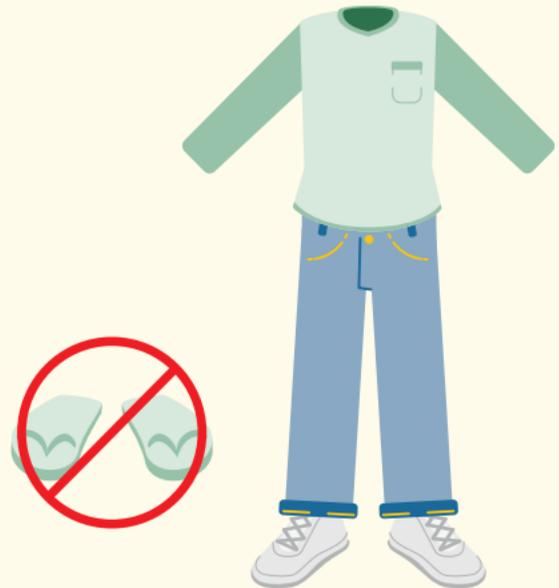
Mosquitoes can spread diseases that make you very sick. Take steps to prevent mosquito bites.



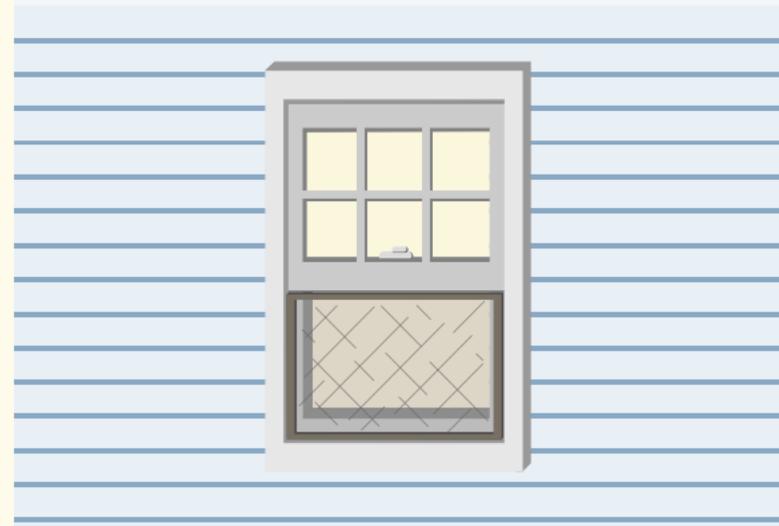
Use an EPA-approved repellent anytime you're outdoors.



Wear long pants, long sleeves and socks to reduce exposed skin outdoors.



Repair torn screens early in the season to keep mosquitoes outdoors.



Remove standing water around the house to prevent mosquitoes from breeding.



Dusk to dawn is peak biting time for mosquitoes that carry disease.

Know your risk: stay informed throughout mosquito season.

For more information about each of these important steps, go to: www.mass.gov/MosquitoesAndTicks



Massachusetts Department of Public Health
Bureau of Infectious Disease, Division of Epidemiology and Immunization