

**HEALTH DEPARTMENT**  
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**CITY OF EVERETT**  
MASSACHUSETTS



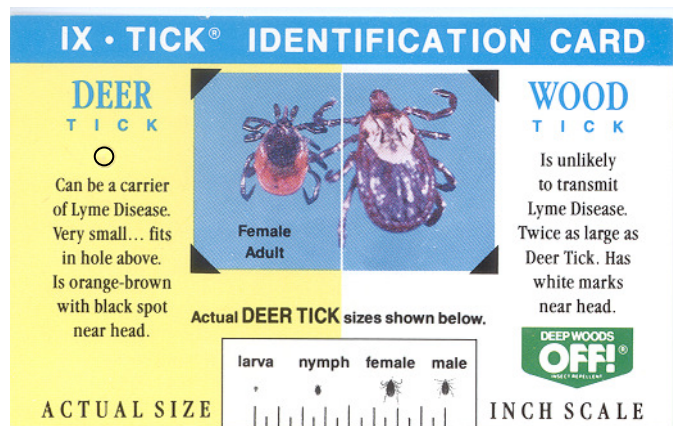
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**Tick Information and Prevention of Bites**

Ticks are tiny bugs most likely found in brushy, wooded, or high grassy areas. They may even be in your own backyard! Ticks can bite you and spread diseases like Lyme disease. Prevention begins with you, so remember, when you are outside in an area likely to have ticks:

- Wear a light-colored, long-sleeved shirt with long pants and tuck your pants into your socks.
- Repellents that contain DEET can be used on your exposed skin. Permethrin is a product that can be used on your clothes. Always follow the product instructions and use repellents with no more than 30% DEET on children. Never use DEET repellents on infants.
- Check yourself, your children and your pets for ticks after coming inside.
- If you find a tick attached to your skin, don't panic. Use a pair of fine point tweezers to grip the tick as close to the skin as possible and pull straight out with steady pressure.
- Talk to your doctor if you develop a rash where you were bitten or experience symptoms such as fever, headache, fatigue, or sore and aching muscles.



For further information on preventing tick bites and diseases spread by ticks, such as Lyme disease, follow the links below or contact the Health Department at 617-394-2255.

- For information on preventing Disease Spread by Ticks, go to:  
[http://www.mass.gov/Eeohhs2/docs/dph/cdc/lyme/prevent\\_disease.pdf](http://www.mass.gov/Eeohhs2/docs/dph/cdc/lyme/prevent_disease.pdf)
- Public Health Fact Sheet on Lyme Disease  
<http://www.mass.gov/Eeohhs2/docs/dph/cdc/factsheets/lyme.pdf>
- American Lyme Disease Foundation Website  
<http://www.aldf.com>