

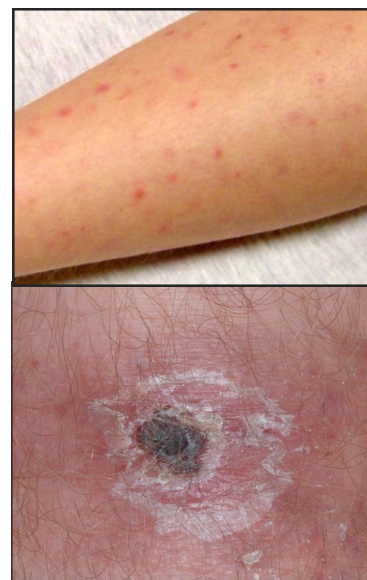


DON'T LET A TICK GET YOU SICK!

**Ticks in Arizona can spread serious,
and even deadly diseases.**

WHAT TO LOOK OUT FOR

- Fever
- Headache
- Muscle aches
- Rash
- Dark scab where tick was attached, called an “eschar”



PREVENTION

- Use insect repellent with 20-30% DEET
- Consider treating clothes and uniforms with permethrin
- Wear long sleeves and pants when hiking and working outdoors
- Check yourself for ticks and remove attached ticks with tweezers

***Visit your doctor right away if you develop a fever, rash
OR eschar after a tick bite.***

Be sure to mention any tick bites or tick exposures.

Questions?

**Contact your county health department or:
Arizona Department of Health Services
602-364-3676; vbzd@azdhs.gov
www.cdc.gov/ticks**

