



## Tick bite prevention

Stick it to the tick.

Keep the bloodsucking pests away from your skin. Wear long pants, shirts and socks. Tuck your pant legs into your boots or consider a strip of tape where your pants and socks meet. You could use a repellent that can be applied to clothing. Check your clothes for ticks every day after work before going inside. Wash your work clothes in hot water and dry using high heat for at least one hour to kill any ticks you might have overlooked. Perform daily tick checks of your body. If you find a tick, remove it immediately with fine-tipped tweezers.

Following these precautions will protect you against tick bites.

And that's smart safety!

For additional information or guidance, contact your safety office.