Tick bites transmit Lyme disease. Your best defense is prevention:

- Use repellent with at least 20% DEET on skin.
- Use Permethrin on clothing for extra protection.
- Shower and check for ticks after being outside.
- Look closely—ticks can be as small as the period at the end of this sentence.
- Remove a tick the right way and right away.

If you've been bitten by a tick and develop fever, rash, or fatigue, see a doctor.