

IT ONLY TAKES

ONE BITE



**LYME DISEASE GETS YOU
WHEN YOU'RE NOT LOOKING.**



health.ri.gov/lyme



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.



REPEL



CHECK



REMOVE