

## MYTH

*As long as you stay out of the woods you don't need to use bug spray or check for ticks.*

## FACT

**Ticks can be found all over, even in your own backyard.**

Ticks live on the ground and crawl onto animals or people to feed. Ticks can travel by riding on a mouse or other animal, which is why you can find ticks near your home or while walking in tall grass.

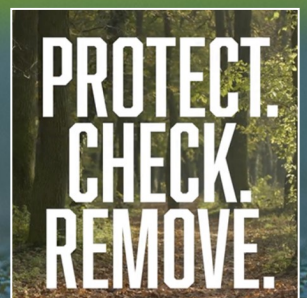
**Use an insect repellent** that is registered by the EPA.

**Treat** your clothes, shoes, and gear with **permethrin**.

**Check** closely for ticks.

**Remove** any ticks you find.

**Watch** for signs and symptoms of tickborne illness.



Pennsylvania  
Department of Health

## SEPARATING TICK DISEASE FACTS FROM MYTHS

Spending time outdoors is an important part of healthy living. But, the thought of getting sick after being bitten by a tick can put a damper on your outdoor activities.

**Scan the code** for more facts about tickborne disease.



[Tick Diseases \(pa.gov\)](https://pa.gov/tick-diseases)

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