



CAUTION!

DEER TICK HABITAT

APPROXIMATE ACTUAL SIZES



Nymph

Female

Male

Deer ticks can carry the pathogens that cause Lyme Disease, Babesiosis, and Anaplasmosis.

Nymphs are active May-August.

Adults are active September-May.



PREVENTION TIPS

- Stay on the trail.
- Wear shoes, not sandals.
- Repellents recommended:
 - DEET on exposed skin
 - Permethrin on clothing and footwear
- After outdoor activities, check yourself, your children, and your pets for ticks. Place clothes in the dryer for 20 minutes.

DON'T LET  **ONE BITE**

**CHANGE
YOUR
LIFE**

TICK-BORNE DISEASES ARE PREVENTABLE

CAPE COD COOPERATIVE EXTENSION
www.capecodextension.org



Funding support provided by Cape Cod Healthcare