Ticks can carry a number of germs that cause disease in people and animals
- These include Babesiosis, Ehrlichiosis, Lyme Disease, Powassan Virus, Rickettsiosis, and Rocky Mountain Spotted Fever

The most common symptoms of tick-related illnesses include:
- Fever/Chills
- Headache
- Fatigue
- Muscle Aches
- Rash

Ticks “quest” for hosts by resting on the tips of grasses and shrubs and waiting for a person or animal to come by.

Ticks transmit germs through the feeding process

Tick exposure can occur year-round
- Ticks are most active during warmer months
  - April-September

Prevent Tick Bites
- Avoid grassy, brushy, wooded areas where ticks live
  - Walk in the center of trails
- Treat clothing and gear with permethrin before going outdoors
- Use EPA registered repellents like DEET, picardin, Oil of Lemon Eucalyptus
  - Follow product instructions
- Check for ticks after being outdoors
- Shower soon after coming indoors

Learn more about Ticks from CDC
Prevent Food Poisoning with 4 SIMPLE STEPS

**CLEAN**
- Wash hands, cooking utensils, cutting boards, and countertops
- Rinse fruits and vegetables under running water

**SEPARATE**
- Keep raw meat, poultry, seafood, and eggs separated from ready-to-eat foods
- Use a cooking thermometer and **COOK** to an internal temperature high enough to kill germs

**CHILL**
- Never leave perishable food out for more than 2 hours (1 hour if the air temperature > 90°F)

Most Common SYMPTOMS of FOOD POISONING
- stomach pain/cramps
- diarrhea
- nausea
- vomiting
- fever

Groups at HIGHER RISK of Food Poisoning
- people aged 65 or older
- children under the age of 5
- people with weakened immune systems
- people who are pregnant

Drink plenty of fluids to prevent dehydration
See a doctor if your symptoms are severe

CDC estimates that each year 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die.

Visit CDC to learn more about current COVID-19 vaccine recommendations: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html

To find a COVID-19 Vaccine Clinic near you visit: https://www.vaccines.gov/