

# Be Tick Smart!



## Prevent tick bites and tick-borne diseases

Ticks can carry and transmit diseases such as Tularemia, Rocky Mountain Spotted Fever and Lyme Disease. Here are ways to protect yourself from these diseases while on the trail:

- Stay on trails and paths
- Keep pets on a leash
- Wear light colored pants and long sleeves
- Wear insect repellent
- Don't feed or touch wild animals
- Check yourself and pets for ticks after hiking

For more information on ticks or other vectors:  
858-694-2888 • [sdvector.com](http://sdvector.com)

