





2123 WEST MAIN STREET, STROUDSBURG, PA 570-421-7895 ~ INFO@FUSIADANCE.ORG WWW.FUSIADANCE.ORG





Walk in the center of trails



Use EPA-registered repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus, para-menthane-diol or 2-undecanone



Bathe or shower within 2 hours after coming indoors to find and wash off ticks



Check your entire body for ticks with a mirror after returning from outdoors



Examine your gear and pets to keep ticks from being brought inside



Tumble dry clothes on high heat for 10 minutes to kill ticks on clothing



Content source: Centers for Disease Control and Prevention