Action Plan

- **Avoid Exposure** in areas with low-level shrubbery and edges of woods
- **Dress appropriately**: Cover skin with long pants, high socks and closed-toed shoes; light-colored clothing makes ticks easier to find. Use insect repellent with DEET/permethrin for exposed areas
- **Conduct Tick-Checks**: Search clothing and body carefully including behind the knees, between fingers and toes, underarms and groin, belly button, in/behind ears, neck, hairline, and the top of the head
- **Wash hands** often to prevent spread of contagious disease
- **Be aware** of pesticide spraying and chemical exposures in your community during outbreaks
- **Seek medical attention** if you develop symptoms such as fevers, rashes, joint pains, abdominal pain, diarrhea, etc.

**Community Resources**

- **Learn** about [water hygiene](#) and how to stay safe when your water may not be safe to drink.
- **Explore** this [CDC website](#) with details on identifying ticks/diseases
- **Use** the [CDC Tick Bite Bot](#) to learn how to remove ticks correctly and determine if you need to seek medical care.

**Did you know?**
You may be at risk for diseases that are new to where you live. Climate change has been linked to the increasing geographic spread of Lyme disease, worsening mosquito-borne and waterborne diseases such as malaria, West Nile virus and more.

**Image: MA Department of Health**

<table>
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<tr>
<th>Black-Legged Tick</th>
<th>Deer Tick</th>
<th>Lone Star Tick</th>
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This Climate Rx was supported by the American Academy of Pediatrics (AAP) and funded (in part) by a cooperative agreement with the Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry (CDC/ATSDR). The U.S. Environmental Protection Agency (EPA) supports the PEHSUs by providing partial funding to CDC/ATSDR through an Inter-Agency Agreement. The findings and conclusions presented have not been formally disseminated by CDC/ATSDR or EPA and should not be construed to represent any agency determination or policy. Use of trade names that may be mentioned is for identification only and does not imply endorsement by the CDC/ATSDR or EPA.