



What are your favorite outdoor activities?

Outdoor activities are a great way to have fun and stay healthy, but some may put you at risk for a tick bite.

Ticks can spread diseases, such as **babesiosis**, which is:

- A flu-like illness (fever, fatigue)
- Sometimes asymptomatic (does not cause symptoms)
- Potentially severe and even life threatening
- Caused by a microscopic parasite
- Most common in the Northeast and upper Midwest
- Most common during warmer months
- Preventable and treatable

Most cases of babesiosis are reported in people 60 years old and older.

Keep enjoying your favorite activities, and follow these tips to **stay safe**:

- Avoid areas where ticks are likely to be found
- Walk or hike in the center of the trail
- Avoid wooded or bushy trails
- Check your entire body for ticks every day
- Remove ticks properly and as soon as possible
- Talk to your doctor if you feel sick in the days and weeks following a tick bite



Centers for Disease Control and Prevention
Center for Global Health

For more information on:

Preventing tick bites and the best way to remove a tick: www.cdc.gov/ticks

Babesiosis: www.cdc.gov/parasites/babesiosis