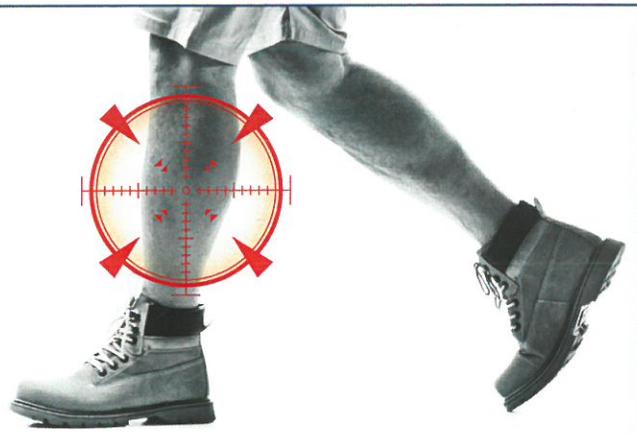


# Don't be a tick target!



## Indoors



**Soft ticks hide out in rodent nests at elevations over 1,500 feet, and can bite briefly and painlessly at night while you sleep. These ticks can transmit soft tick relapsing fever.**

- » Avoid staying in dwellings with rodent infestations (including chipmunks or squirrels nesting under the house or in the attic).
- » For home or cabin owners, consult a pest control professional to safely remove nests, treat for ticks, and seal up any cracks or crevices where ticks can pass.
- » Wear an EPA-registered insect repellent.

## Outdoors



**Hard ticks hide out in forested areas and tall grasses where they search for their next meal. They can latch on and remain attached for days. These ticks can transmit several tickborne diseases in Oregon, including Lyme disease and Rocky Mountain spotted fever.**

- » Check your whole body and your clothing for ticks daily. If found, remove ticks as soon as possible.
- » Wear an EPA-registered insect repellent.
- » Check pets for ticks, and use tick prevention for your dog.



Learn more about tickborne diseases and their symptoms: [oregon.gov/ticks](https://oregon.gov/ticks)

*Consult with your health care provider if you are feeling ill.*

Oregon  
**Health**  
Authority

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact the Acute and Communicable Disease Prevention Section at [ohd.acdp@oha.oregon.gov](mailto:ohd.acdp@oha.oregon.gov) or 971-673-1111 (voice/text). We accept all relay calls.