

Avoid ticks



- **Walk on clearly defined paths, to avoid brushing against vegetation**
- **Avoid dense vegetation**
- **Wear long trousers and light-coloured clothing so ticks are easier to spot and brush off**
- **Consider using insect repellents**
- **Check yourself for ticks if you have spent time in the country side or garden**
- **Know how to remove ticks safely from you/your animal**

For more information:

Go to www.gov.je or phone the Department of the Environment on +44 1534 441600