

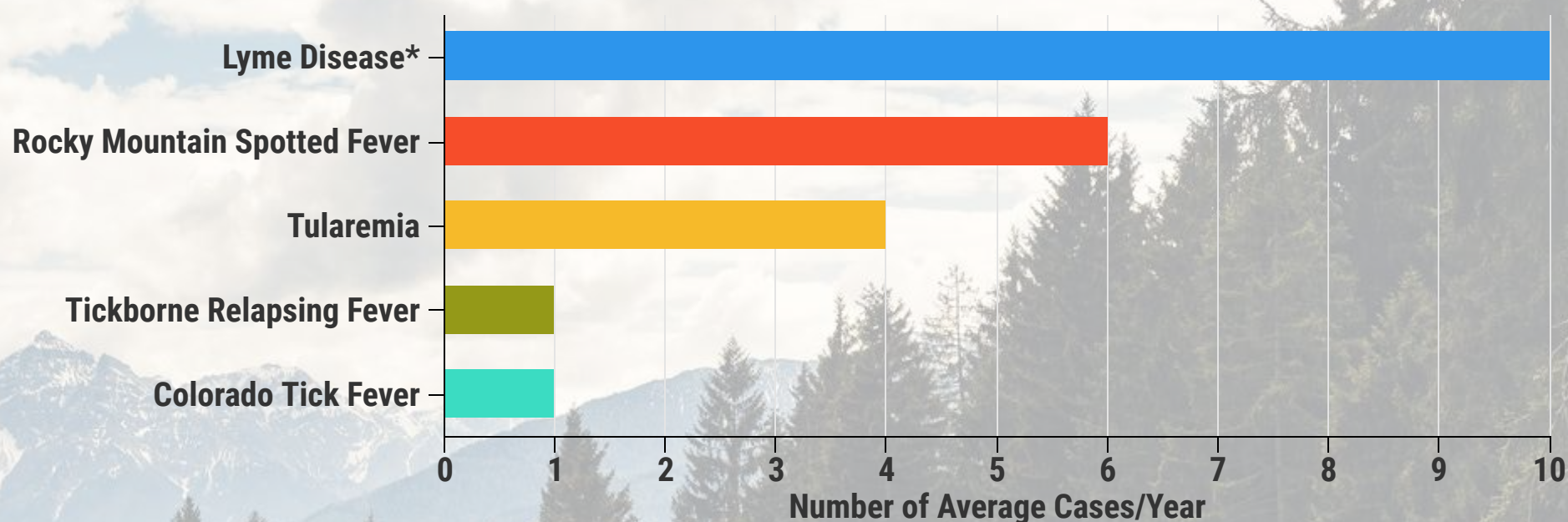
# Ticks in Montana:

Enjoy the great outdoors safely during tick season.



MONTANA COMMUNICABLE DISEASE EPIDEMIOLOGY

## Common Tickborne Diseases Reported in Montana, Average Annual Cases, 2011-2018



\* Almost all Lyme disease cases report out of state travel and ticks carrying Lyme disease have not been found in Montana.

## Prevention of Tickborne Disease

- 1** Know where to expect ticks. Ticks often live in grassy, brushy, or wooded areas.
- 2** Use repellent with 20% or more DEET, picaridin, or IR3535 on exposed skin. Treat clothing and tents with products containing 0.5% permethrin.
- 3** Shower soon after being outdoors and complete a tick check. Check the following parts of your body for ticks: under the arms, ears, belly button, behind knees, between the legs, around the waist, and on the hairline and scalp.

## Common Signs and Symptoms of Tickborne Illness

**FEVER**      **FATIGUE**      **MUSCLE ACHES**  
**BODY ACHES**      **RASH**      **HEADACHES**

If you experience any signs or symptoms of a tickborne illness, visit a health care provider.