Be Tick Aware: Enjoy the great outdoors safely during tick season.

Common Tickborne Diseases Reported in Montana, Average Annual Cases, 2011-2020

- **Lyme Disease**: *
- **Rocky Mountain Spotted Fever**: 💠
- **Tularemia**: 💠
- **Colorado Tick Fever**: 💠
- **Tickborne Relapsing Fever**: 💠

*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 Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone.** Treat clothing, and gear.

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**
- **Body Aches**
- **Rash**
- **Muscle Aches**
- **Headaches**

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