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

**Common Tickborne Diseases Reported in Montana, Average Annual Cases, 2017-2021**

<table>
<thead>
<tr>
<th>Disease</th>
<th>Number of Average Cases/Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lyme Disease*</td>
<td>8-9</td>
</tr>
<tr>
<td>Rocky Mountain Spotted Fever</td>
<td>4-5</td>
</tr>
<tr>
<td>Tularemia</td>
<td>1-2</td>
</tr>
<tr>
<td>Colorado Tick Fever</td>
<td>0-1</td>
</tr>
</tbody>
</table>

* 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, penta-methane-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
- Muscle Aches
- Body Aches
- Rash
- Headaches

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