



# Be Alert: Ticks are Still Lurking!



**Summer may be over, but tick season is not!**

Deer ticks remain active through October and November and tick bites can occur year-round.

Ticks can spread tick-borne illnesses no matter the time of year.

**Here are some helpful tips to protect yourself against tick bites this fall:**

**COVER UP:** wear long pants and sleeves when doing fall activities, like raking or jumping in leaves

**MAINTAIN YOUR YARD:** keep your grass short and remove leaves

**AVOID TICK HABITATS:** avoid wooded and brushy areas with high grass and leaf litter

If you do get bit, consider participating in Bedford's subsidized tick testing program. Learn more by clicking [here](#).



Learn more about how to stay safe from tick bites this fall by clicking [here](#).