

## Babesiosis PSA (:60)

Tick season is here. Babesiosis is a tickborne disease that can make you sick. Symptoms can be mild and may include fever, chills, or headache. Those who are elderly, have had their spleen removed, or have weakened immune systems may be at risk for severe illness.

Babesiosis is most commonly found in the Northeast and upper Midwest. If you live in or visit these areas, here are some ways to help prevent it:

- Walk on cleared trails and avoid overgrown grass or brush.
- Wear long pants, long-sleeved shirts, and socks when outdoors and tuck your pant legs into your socks.
- Apply repellents to skin and clothing.
- Check your entire body for ticks and shower soon after being outdoors.

If you're concerned about babesiosis, talk to your health care provider.

To learn more, please visit [www.cdc.gov/parasites/babesiosis](http://www.cdc.gov/parasites/babesiosis).

A message from CDC.