

This could be the most important thing that you see me post! Its an epidemic this year, and these things are as lethal as a venomous snake in the wrong scenario! Please not only read it, but share it! Make sure we get the word out about these ticks and the disease they carry!

It's summer! Time for camping, hiking and getting outside to play. Don't let those pesky annoying ticks stop you. Here's how with a simple homemade solution!

## Repellent for your pets:

For pets, add 1 cup of water to a spray bottle, followed by 2 cups of distilled white vinegar. Ticks hate the smell and taste of vinegar, and will be easily be repelled by this ingredient alone. Then, add two spoonfuls of vegetable or almond oil, which both contain sulfur (another natural tick repellent).

To make a repellent that will also deter fleas, mix in a few spoonfuls of lemon juice, citrus oil, or peppermint oil, any of which will repel ticks and fleas while also creating a nicely scented repellent. Spray onto the pet's dry coat, staying away from sensitive areas including eyes, nose, mouth, and genitals. When outdoors for an extended period, spray this solution on two to three times per day.

## For you and your family:

In a spray bottle, mix 2 cups of distilled white vinegar and 1 cup of water. To make a scented solution so you do not smell like bitter vinegar all day, add 20 drops of your favorite essential oil. Eucalyptus oil is a calm, soothing scent that also works as a tick repellent, while peppermint and citrus oils give off a strong crisp scent that also repel ticks.

After mixing the solution, spray onto clothing, skin, and hair before going outdoors. Reapply every four hours to keep ticks at bay, and examine your skin and hair when back inside to make sure no ticks are on the body.