



### **Be Aware: Colorado Tick Fever**

A large number of [Colorado tick fever](#) (CTF) cases were reported in Montana last summer. CTF virus is spread by the Rocky Mountain wood tick which is commonly found at elevations between 4,000 and 10,000 feet in the western United States and Canada. Ticks are active in spring and summer. The best way to protect yourself from CTF is to [prevent tick bites](#).

1. Wear insect repellent when working outside.
2. Stay on trails whenever possible.
3. Check your clothing and gear for ticks that can hitch a ride home and then attach to you or others later.
4. Perform tick checks soon after returning indoors. Showering and running your clothes through the dryer on high heat for 10 minutes can help get rid of unattached ticks.