

# MAJOR TICK-CHECK SAYS, "Tick-free is the way to be!"

**Wear a hat** when working in tick infested areas. This helps keep ticks out of your hair.

**Wear light-colored clothing** so you can see more easily see ticks.

**Keep ticks on the outside of your clothing** by tucking your shirt into your pants and your pants into your socks.

**Use tick repellents.** Wash repellents off your skin when back indoors. For young children, use repellents only on clothing.

**Conduct frequent tick checks** when you are in tick infested areas. You can check your entire body when you are at home.

**Remove ticks properly** using by grasping the tick around its mouthparts with fine point tweezers and pulling straight out. Children should have adults help them properly remove ticks.

**Make your own tick removal kit:** include fine point tweezers, antiseptic, and small vial for ticks.

**Protect your pets** with tick repellents. Check them frequently for ticks.



For information on tick spread diseases contact:

**LYME DISEASE FOUNDATION**  
1 Financial Plaza, Hartford, CT 06103

860-525-2000 [www.lyme.org](http://www.lyme.org)  
800-886-Lyme

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# Learn to be, Tick-Free!

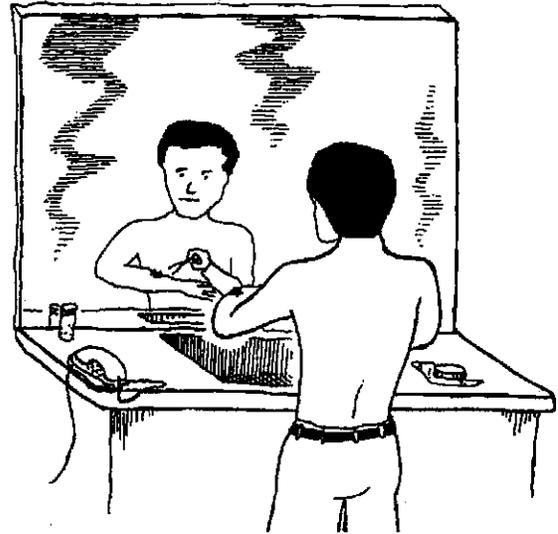
## 1. Protect



**MAJOR TICK-CHECK SAYS, "When in areas with ticks:**

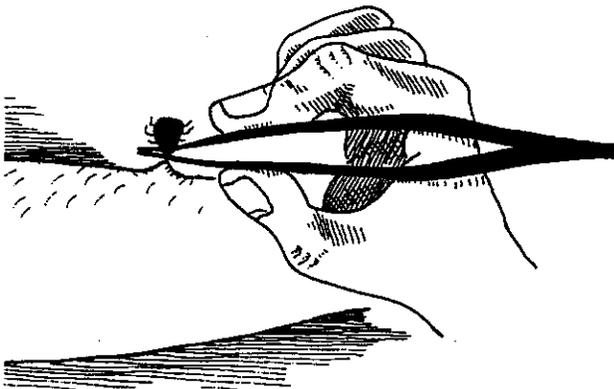
- Stay in the center of paths to avoid ticks on brush. Avoid sitting directly on the ground.
- Use a tick repellent. Children should let adults apply this for them. Wash-off repellents when you return inside.
- Dress properly. Wear light-colored long pants & long sleeves. Tuck your shirt into pants & pants into socks to keep ticks on the outside of your clothes."

## 2. Do Tick-Checks



After you come inside, check your entire body for ticks. Do this by looking at your clothes and by running your fingers over your skin. Don't forget your hair, ears, and underarms. You can check your whole body each night at bedtime.

## 3. Remove Ticks Properly



### PROPER TICK REMOVAL:

- Use a fine-point tweezers to grasp the tick around its mouthparts, at the place of attachment next to the skin.
- Gently pull the tick straight out.
- Place the tick in a small vial labeled with the date, victim's name, address, tick's description (e.g. if engorged, color), and estimated hours attached. *Mark your calendar too!*
- Wash your hands and disinfect the tweezers & bite.
- Teach kids to seek adult help for tick removal.

## 4. Call the Doctor



Call and let your doctor know you removed a tick. The doctor may treat on tick-bite or may ask you to watch for signs of infection.

Visit the LDF website [www.Lyme.org](http://www.Lyme.org) to learn more about ticks and the diseases they spread.

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