

Did you do a tick check?

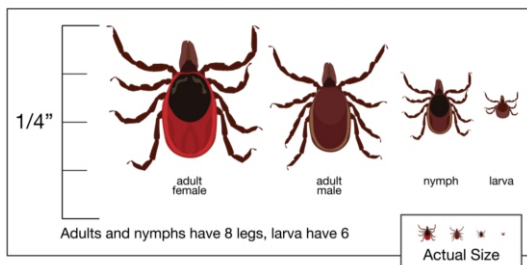


Tick Checking Station

The goal of a daily tick check is early detection and safe removal of attached ticks. Make daily tick checks part of your routine both during and after a shower, when you get up in the morning, before you go to bed, or all of the above.

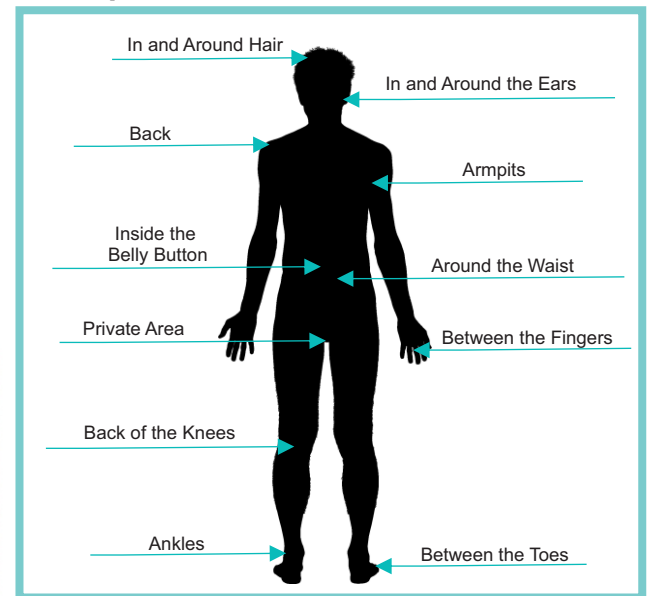
What am I looking for?

How to Identify Black Legged or Deer Ticks
(*Ixodes Scapularis*)



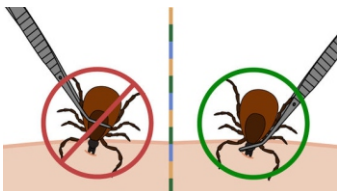
Where to look?

Important Areas to Check for Ticks



I found one... How do I remove it?

Remove immediately! Use sharp tweezers, grab a tick as close to the skin as possible and gently pull up. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.



Do Not do the following:

- * Burn the tick.
- * Kill the tick while it is still attached.
- * Lubricate the tick with oil.
- * Twist the body when pulling out.
- * Grab the body of the tick with fingers.

I removed an engorged tick... What now?

Watch for symptoms for 30 days

Call your healthcare provider if you get any of the following:

- Rash
- Fever
- Fatigue
- Headache
- Muscle Pain
- Joint Swelling

*Don't let ticks
suck the fun out
of nature!*