

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

800-886-Lyme

www.lyme.org

©LDF 2002