



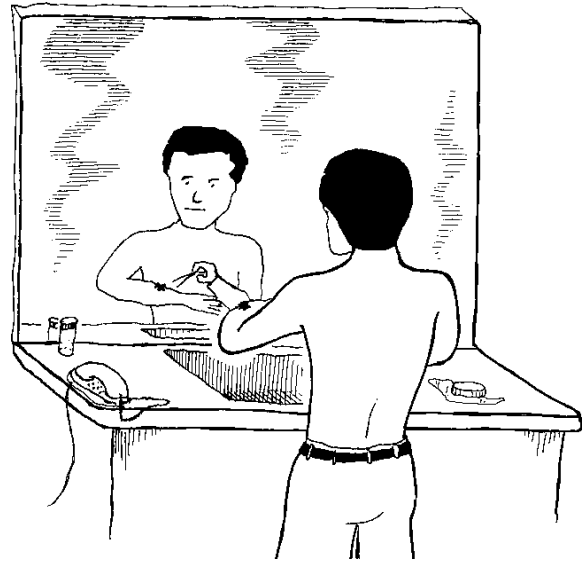
Learn to be, Tick-Free!

1. Protect



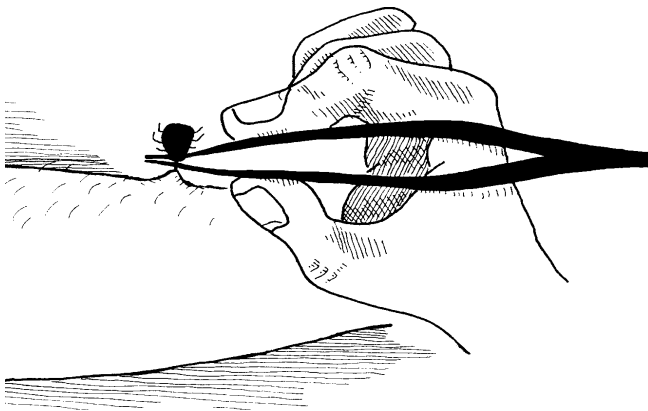
- MAJOR TICK-CHECK SAYS, "When in areas with ticks:**
- **Stay in the center of paths** to avoid ticks on brush. **Avoid sitting directly on the ground.**
 - **Use a tick repellent.** Children should let adults apply this for them. Wash-off repellents when you return inside.
 - **Dress properly.** Wear 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 to learn more about ticks and the diseases they spread.

For information on tick spread diseases contact:

LYME DISEASE FOUNDATION
1 Financial Plaza, Hartford, CT 06103

860-525-2000 www.lyme.org
800-886-Lyme

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