

# 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.

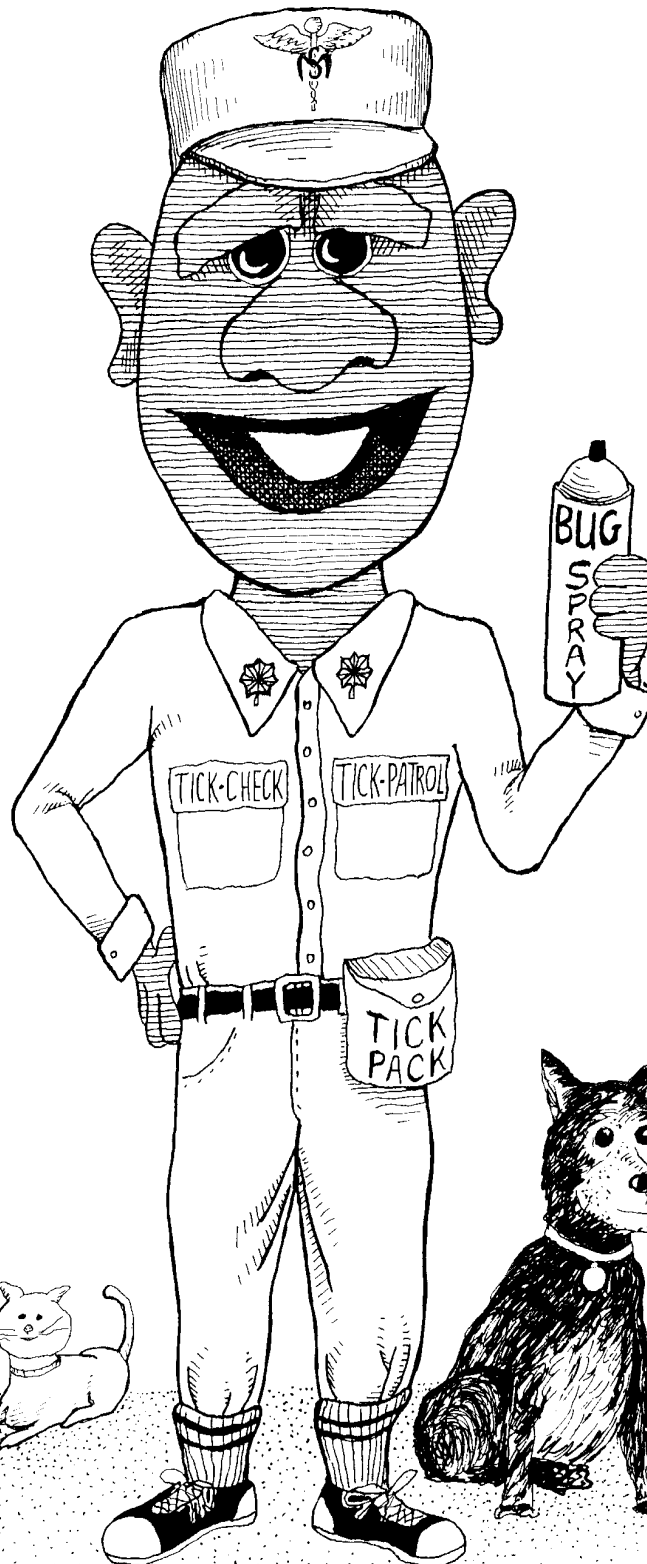
**Use tick repellents.** Wash repellents off your skin when back indoors. For young children, use repellents only on clothing.

**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**  
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860-525-2000  
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[www.lyme.org](http://www.lyme.org)

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