



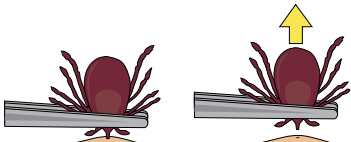
- ☒ Tuck pants into socks.
- ☒ Use a repellent with DEET.
- ☒ Bathe or shower soon after coming indoors.
- ☐ Check for ticks.

Your to-do list isn't complete without a tick check.

Part of enjoying outdoor activities is protecting yourself from ticks. Check your entire body after being outdoors.

For more information visit www.cdc.gov/ticks





how to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.

Notes:

- Remove the tick as soon as possible.
- If tick mouthparts remain in the skin, leave them alone. In most cases they will fall out in a few days.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.