Shower time is a great time to feel for bumps and look for tiny brown spots, especially in these areas:

- Scalp & neck
- Ears
- Back
- Underarms
- Belly button
- Waist & hips
- Pelvic area & between legs
- Behind knees
REMOVE A TICK AS SOON AS YOU DISCOVER IT

1. Use tweezers to grasp the tick close to the skin.

2. Do not twist or squeeze the tick. Pull straight up until it is removed.

3. Dispose of a live tick in alcohol or flush it down the toilet. Never crush it with your fingers.

4. After removing, wash hands with soap and water or use hand sanitizer. Clean the bite area with soap and water or rubbing alcohol.

DO NOT use petroleum jelly, a hot match, nail polish, or other products to remove a tick.

WATCH FOR SYMPTOMS:
In the days and weeks after a bite, watch for symptoms such as fever, headache, muscle aches and fatigue.

If you have these or other symptoms, contact your health care provider. Tell him/her about your bite.

For more information about ticks and tickborne diseases, go to HEALTHVERMONT.GOV/BETICKSMART