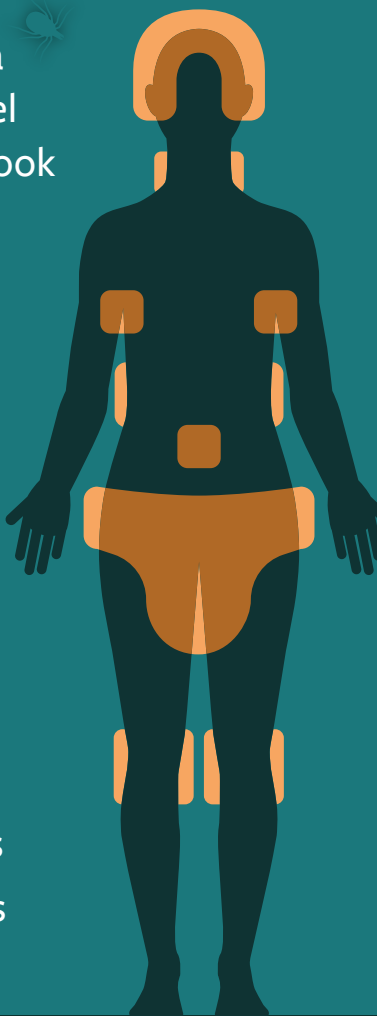


DO A DAILY TICK CHECK

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



**BE
TICK
SMART**



PROTECT · CHECK · REMOVE · WATCH



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](https://healthvermont.gov/beticksmart)