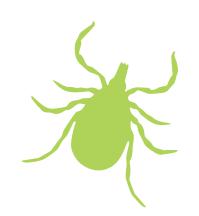
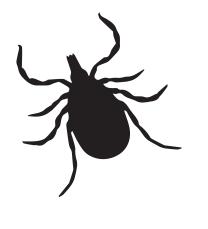
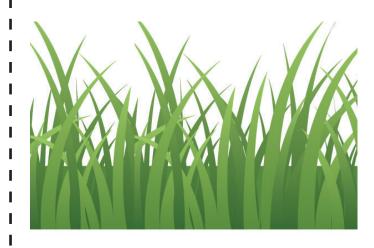
Enlarge or shrink on your printer and use as a border or bullets or extra decorations.











Use one or two of the following logos:







Header 2











Blacklegged Tick

American Dog Tick





Woodchuck Tick

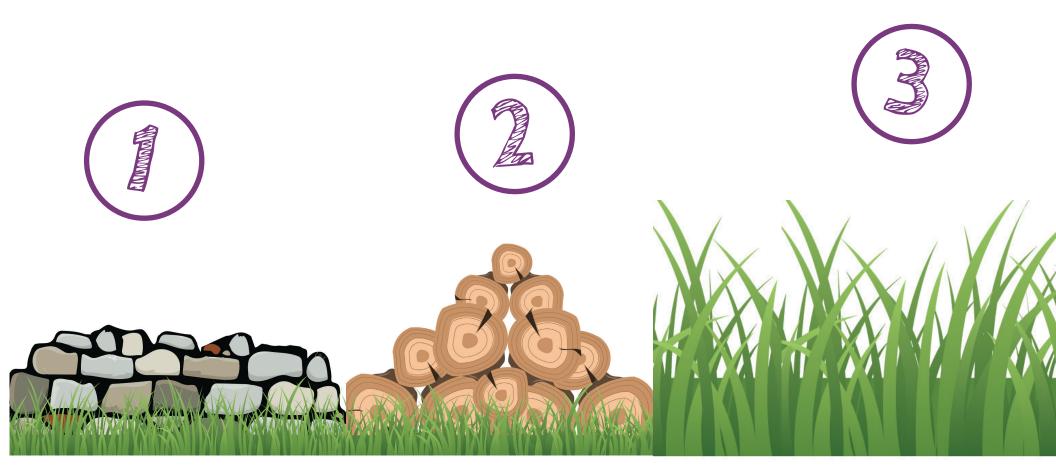








Many times ticks are found in areas with trees, under leaves on the ground, around woodpiles or stonewalls, or around tall grass.



How do I protect myself against ticks?

- $\cdot\,$ Wear long pants and long-sleeved shirts while outside.
- Tuck your pants into your socks and your shirt into your pants so ticks cannot crawl in to your clothes.
- \cdot Have an adult help you to put on repellent (bug spray)
- Wear light colored clothes while outside in tick habitats (where ticks live) to easily see ticks crawling on your clothes.
- Stay on trails in the woods when you brush by leaves, ticks may get on to your body.
- After coming back indoors, have an adult run your clothes through the dryer on high heat for 10 minutes.
- ALWAYS do a tick check if you have been outside. It is hard to see your own body. Ask an adult (mom or dad) to check your body, armpits, and hair for ticks.



Ticks can make you sick. Ticks can carry diseases (bacteria) in their blood that can make people and other animals sick. Ticks give the bacteria to the person or animal when they bite them.