

# CHILDREN ARE AT THE GREATEST RISK!

**200** children get Lyme Disease **each day!**



That's **4 bus loads...**

# BE AWARE!

**A**void areas where ticks live

**W**ear light colored clothing -long pants, sleeves and socks, shoes

**A**pply EPA-approved repellents (DEET or permethrin) to clothing, skin, and shoes as directed

**R**emove clothing upon entering the home- toss into a dryer at high temperatures for 10 – 15 minutes

**E**xamine yourself and pets for ticks daily! When outdoors and as soon as you come indoors. Be sure to check crevices where ticks hide. Shower as soon as possible.

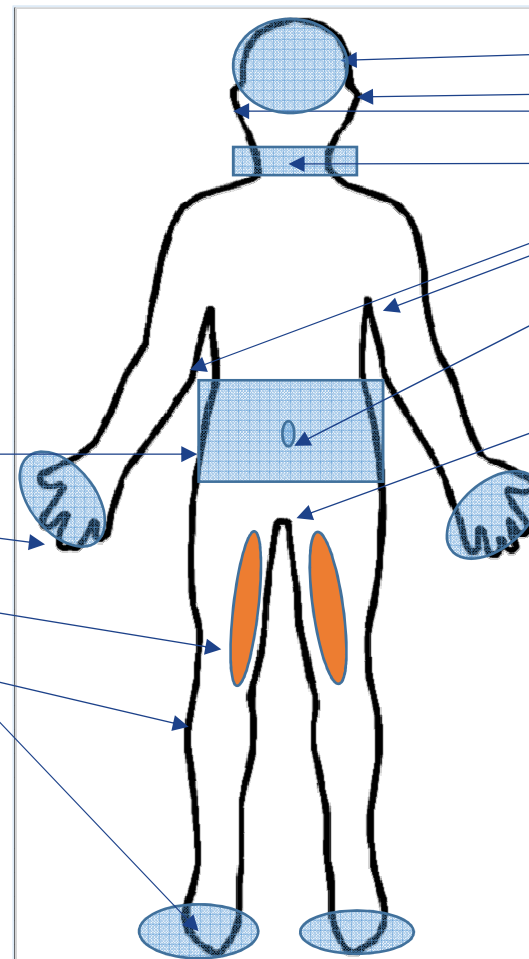
# DO DAILY TICK CHECKS! CHECK YOURSELF AND LOVED ONES

## WHAT TO LOOK FOR AND WHERE

**Ticks like to hide where  
the sun don't shine!**

- Check in crevices like the crotch and groin areas.
- Feel for bumps and look for tiny dark spots.

Waist and back  
Between fingers,  
legs, and toes  
Behind knees



Scalp  
In and behind ears  
Behind neck  
Underarms  
Belly button  
Pelvic & groin area

# WHAT TO DO IF YOU ARE BITTEN BY A TICK...

Contact a doctor if bitten by a tick.

If a tick is attached to your skin, **don't panic.**

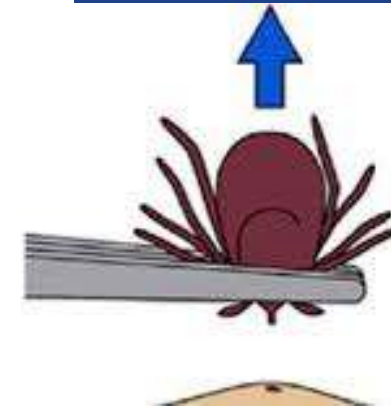
1. Remove it quickly and properly using a fine-pointed tweezer or special tick-removal tool. Do **not squeeze the tick** when removing. You could push infected fluid from the tick into your body
2. Save the tick and send it to a lab for testing

Learn more

[gla.org/prevention/tick-removal](http://gla.org/prevention/tick-removal)



Grasp the tick firmly as close to the skin as possible.



Pull the tick straight-up, away from the skin.

Cleanse the area with antiseptic.