



1-2-3 TO STAY TICK SAFE!

1 PLAN & PREVENT

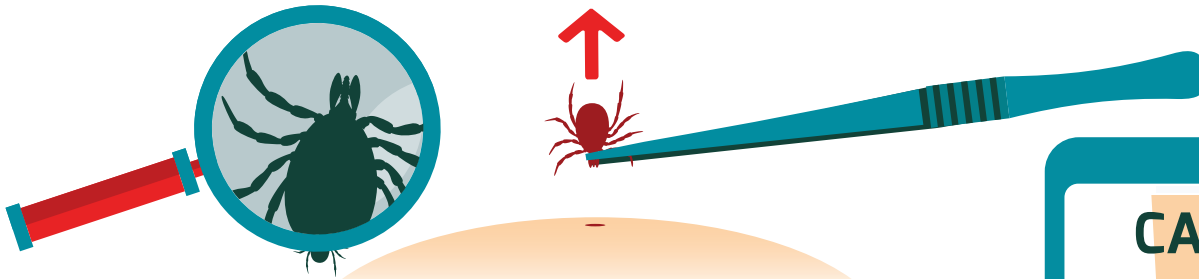
Use an EPA registered tick repellent with more than 20% active ingredients like DEET, picaridin or IR 3535 on exposed skin. You can find the EPA registration number on the label. Wear light colored clothing and tuck your pants into your socks. Try to stay in the center of clear, well-travelled trails.



2 CHECK & REMOVE

Check your body and clothes after coming back from tick-infested areas. Look in the hair, under your arms, in and around the ears, behind the knees, around the waist and between the legs.

Remove ticks with a fine tipped tweezer using steady upward pressure then clean the area with soap and water.



3 WATCH & CALL

If you develop a rash, chills and fever, headache, stiff neck, muscle and/or joint pain, and swollen glands after removing a tick, tell your parents or doctor. Tell them when the bite occurred and areas where you could have gotten the tick.



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