



# COUNT TO TEN FOR TICKS!



## After Spending Time Outdoors, Check for Ticks.

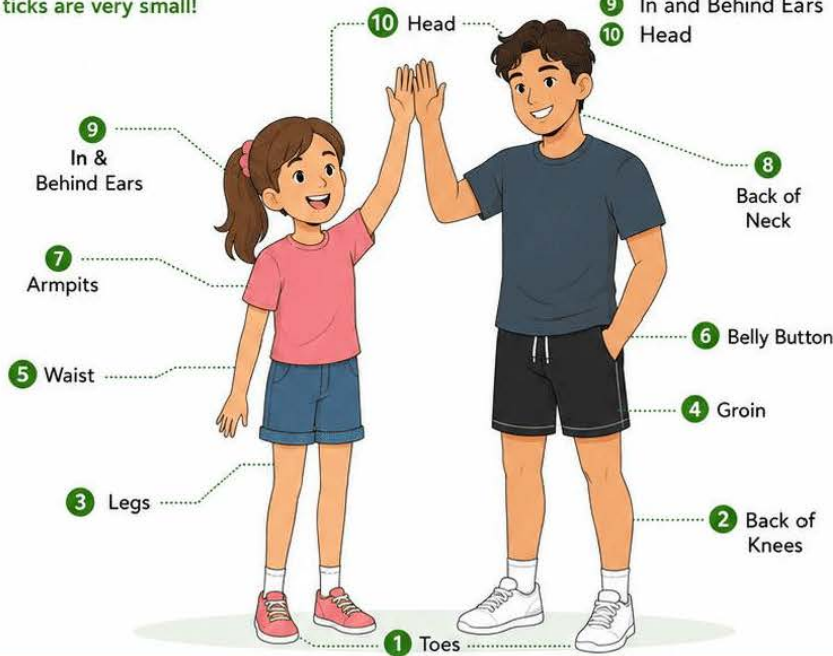
Know where to tick check to defend against tick-borne infection. Start with these **10 spots** going from **Bottom to Top**.

### Count to Ten from Bottom To Top

Check your children for ticks. Check yourself for ticks. If you don't have someone to help you, use a mirror to check all parts. Work your way up from bottom to top. Ticks like warm spots, so don't miss any of those. Feel for bumps. Look for tiny dark spots. **Most ticks are very small!**



- 1 Toes
- 2 Back of Knees
- 3 Legs
- 4 Groin
- 5 Around Waistline
- 6 Belly Button
- 7 Armpits
- 8 Back of Neck
- 9 In and Behind Ears
- 10 Head



### Protect. Check. Repeat.

Tick checks are a simple step that can make a big difference for your health.



Wear Protective Clothing



Check After Being Outdoors



Shower Soon Afterward



Wash & Dry Clothes on High Heat

Learn more and access resources: [www.ASPIRE.care/resources/tick-borne-infections](http://www.ASPIRE.care/resources/tick-borne-infections)