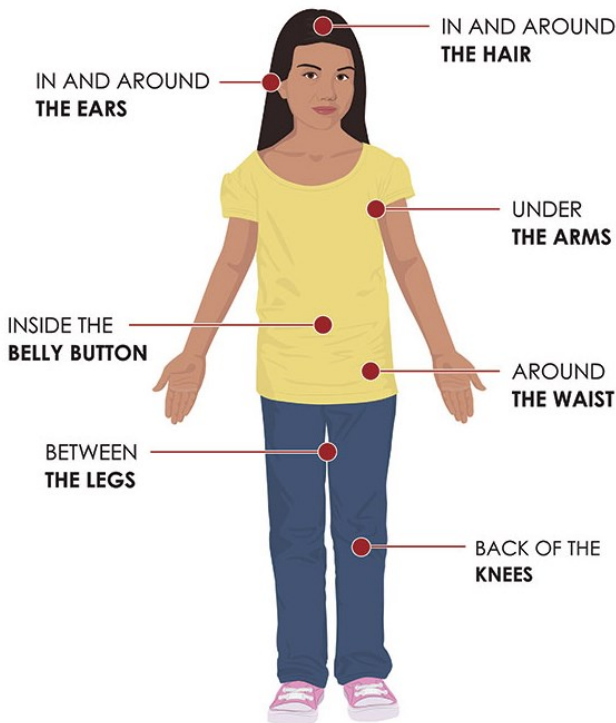


Tick Safety & Awareness



Tick Safety — outdoors:

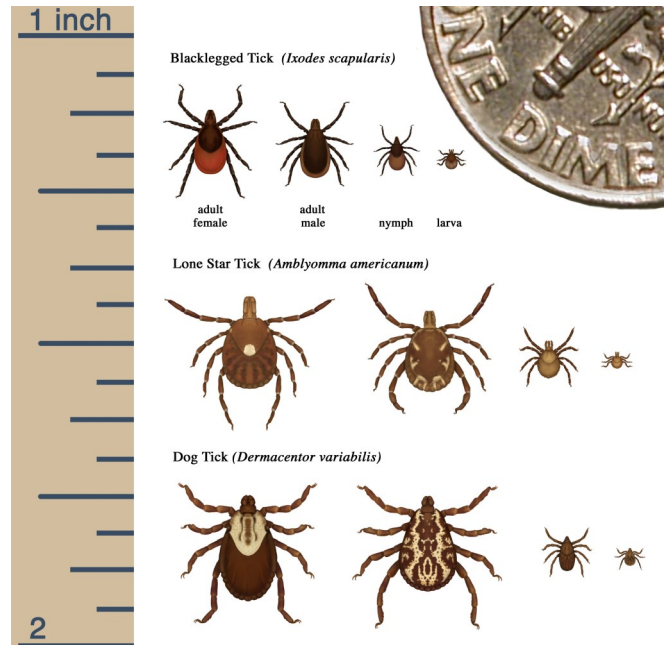
- * Tuck your pants into your socks
- * Use mosquito/insect repellent (with DEET)
- * Do a body check during and after the event (see below)



Source: https://www.cdc.gov/ticks/avoid/on_people.html

What to Wear:

- * Hat & sunscreen
- * Mosquito/insect repellent (with DEET)
- * Light layers
- * Long pants that can be tucked into socks (light-coloured is best)
- * Comfortable and close-toed shoes (e.g. running shoes, hiking boots, rubber boots)

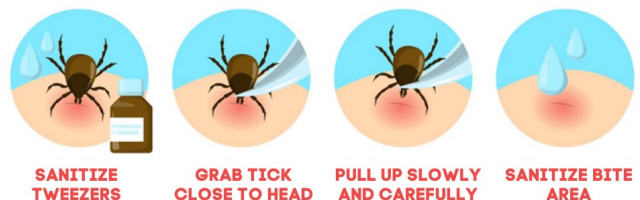


Source: https://www.cdc.gov/ticks/life_cycle_and_hosts.html

Tick Safety — at home:

- * Remove clothes immediately and place them in the dryer on high heat for at least 10 minutes
- * Clean lint trap immediately after clothes have gone through the dryer
- * Have a shower and do another body check (see left)

HOW TO REMOVE TICK



Source: Shutterstock

Found a tick? DON'T PANIC. Carefully follow tick removal instructions and visit your nearest health clinic.