

CHECK YOUR BODY FOR TICKS

In and around the ears

In and around the hair

Under the arms

Inside the belly button

Around the waist

Between the legs

Back of the knees



PROTECTIVE CLOTHING FOR TICK SEASON

Hat

(with as much hair as possible tucked in)



Light-colored, long sleeve shirt



Light-colored, long pants

(tuck pants into socks or boots)



Closed-toe shoes & long socks

