

# PREVENTION

## HOW CAN I PREVENT TICKS FROM BITING?

- WEAR LIGHT COLORED CLOTHING WHEN YOU ARE OUTSIDE. THIS WILL HELP YOU TO SPOT THE TICKS BEFORE THEY ATTACH THEMSELVES TO YOUR SKIN.
- TUCK YOUR PANT LEGS INTO YOUR SOCKS.
- AFTER YOU SPEND TIME OUTSIDE, BE SURE TO CHECK YOURSELF FOR TICKS. ASK SOMEONE TO LOOK THROUGH YOUR HAIR TO SEE IF THEY FELL ONTO YOUR HEAD AND CHECK YOUR BACK, CROOKS IN ELBOWS AND KNEES, ETC. MAKE SURE YOU CHECK YOUR LEGS AND ARMS VERY CAREFULLY.

## HOW CAN I SAFELY REMOVE A TICK?

- USE FINE POINT TWEEZERS.
- GRASP THE TICK NEAR ITS HEAD, AS CLOSE TO THE SKIN AS POSSIBLE, AND PULL AWAY GENTLY TO REMOVE THE WHOLE TICK WITHOUT CRUSHING IT.
- PLACE THE TICK IN A SMALL CONTAINER OF RUBBING ALCOHOL TO KILL IT.
- CLEAN THE BITE WITH RUBBING ALCOHOL OR HYDROGEN PEROXIDE.

