

TICK CHECK!

Check for ticks everyday!

FEEL FOR BUMPS & LOOK FOR TINY BROWN SPOTS
ESPECIALLY IN THESE AREAS

Scalp

Ears

Underarms

Belly Button

Waist & Back

Behind Knees

Pelvic Area

Between Legs

*This is the size
of a deer tick:*

NYMPH • POPPY SEED

ADULT • SESAME SEED

How to remove a tick...

USE TWEEZERS TO PULL SLOWLY
UPWARD, HOLDING THE HEAD OF
THE TICK IN THE TWEEZERS.



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*Building on a tradition
of innovation*

NORTH OAKS TICK TASK FORCE
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STOP TICKS!

Tick-borne illnesses are preventable!
A few precautions can reduce your risk.

Personal Protection

- Wear light-colored clothing to detect ticks easier
- Tuck long pants into socks
- Use tick repellents {DEET or PERMETHRIN}
- Keep to center of trails when hiking
- Use tick management products on pets

When You Come Indoors

- Promptly put all clothes in the dryer for at least 10 minutes
- Carefully do a tick check {see back}

Create Tick Safe Zone in Yard

- Keep grass mowed short and trees/shrubs trimmed
- Remove leaves and brush from yard.
- Move firewood and bird feeders away from home
- Create 3 ft wide border between lawn and woods
- Move swing sets away from woodland edges
- Consider a pesticide application or use tick tubes.

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