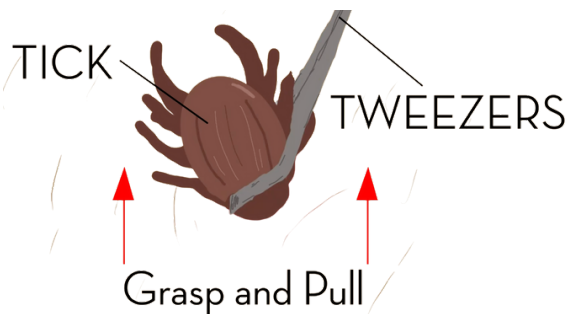


# What To Do If You Find A Tick

- Safely remove the tick using pointed tweezers. Grab the tick by its mouth where it meets the skin. Without squeezing the body, pull the tick in an upward motion until it is removed.
- Once it is removed, put the tick in a zip-lock bag to bring with you to your doctor or to send it in for testing.
- Note: if you cannot safely remove the tick or if you are experiencing symptoms, call your doctor immediately.



Project Lyme is a 501(c)3 nonprofit on a mission to eradicate the epidemic of tick-borne diseases through education, research, advocacy, and patient support. To learn more, visit [projectlyme.org](http://projectlyme.org).



## Tick Bite Prevention Guide

Let's Talk About Tick Safety



# Stop Ticks Before They Bite

- Stay on marked trails.
- Stay out of the brush, leaf piles, and tall grass.
- Wear long pants, sleeves, and socks.
- Wear a hat.
- Avoid sitting on logs, leaning on trees, and wading through leaves.
- Wear permethrin-treated clothing to keep ticks off your clothes.
- Use bug repellents like 20% DEET or picaridin to keep ticks off your skin.

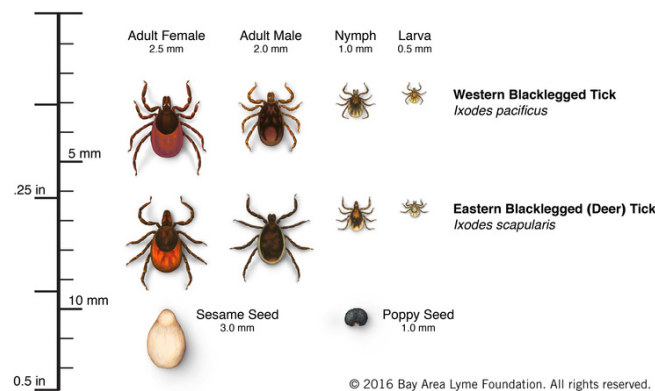


# How To Do A Tick Check

Check your:

- Scalp
- Hair
- Around ears
- Back of neck
- Underarms
- Belly button
- Waistline
- Between legs
- Back of your knees
- Feet
- Toes

# How To Recognize Ticks



# What To Do At Home

- Once home, immediately **perform a tick check**.
- Afterward, remove your clothes and tumble dry in a hot drier for 10 minutes before putting them in the hamper.
- Finish up with a shower.
- *Bonus:* If you have a pet, perform a tick check on them before they come inside.

# Lyme Basics

Lyme disease is the most common vector-borne illness in the US today. Over 476,000 people are infected each year in the United States alone. Learn the best ways to stop ticks before they bite at [projectlyme.org](http://projectlyme.org).

