

# TICK WATCH!

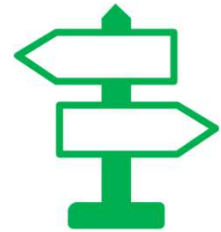
## Shield! Scan! Scrub!

Nature is full of adventures!  
Explore it safely. Be Tick Smart!



### SHIELD

- Cover up!
- Keep it light and bright!
- Tuck it in!
- Anti-Bug spray!
- Stick to the path!



### SCAN

- Tick check!
- Ask a trusted adult to help!



### SCRUB

- Wash yourself!
- Wash your clothes!



### ...and SCAN AGAIN

- Tick check!
- New rashes?
- Speak to your parent/guardian!



*Visit Lyme Resource Centre for more information*