

# Be Tick Savvy...



## Shield!



- Know how to safely remove ticks
- Wear long sleeves, long trousers and light coloured clothing
- Tuck trousers into socks
- Use insect repellent
- Stick to the path – avoid long grass/bracken!



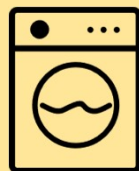
## Scan!



- Check for ticks while outdoors and again when indoors
- Check all areas including hair and areas that were covered
- Remove ticks safely



## Scrub!



- Wash yourself
- Wash your clothes (55C)

## ...and SCAN AGAIN

- For ticks that may have been missed
- For unusual rashes in the following weeks!

