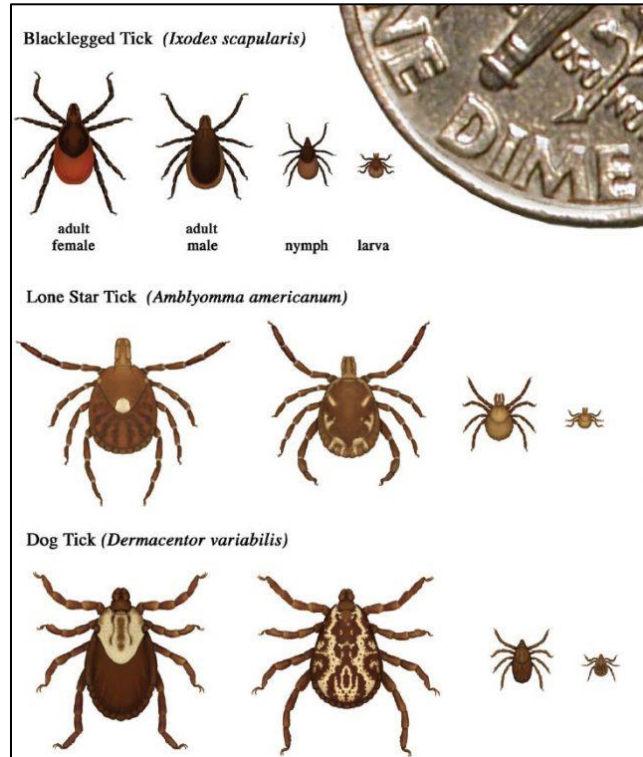


Check Me For Ticks!

I had fun outdoors today so may have picked up a tick. Here are some tips to help me check for ticks:

- Put my clothes in the dryer right when I get home. Set it on high for 10 minutes to kill ticks.
- Ask me to take a bath to get rid of dirt and make it easier to spot any ticks on my body.
- Check my entire body for ticks. Start at my toes and work your way all the way up to the top of my head. Ticks are very small so try to find any “new” freckles or specks of dirt. They like to hide so look closely behind my knees, in between my legs, and behind my ears.
- Watch me for symptoms over the next month or so, even if a tick isn’t found. Bring me to the doctor if I get a fever, a red blotch or rash, sore joints, or am extra tired. Tell them when I was around the woods and bring the tick with you if one was found.



For educators or parents:

Did you find any ticks attached to me?

My Name: _____

Date tick removed: _____

Location on body: _____

Type of tick: _____

If you find a tick on me:

1. Use tweezers (or your fingers) to grab the tick near my skin and pull out slowly. Don't worry if parts of the tick stay in the skin, they will work themselves out like a sliver.
2. Clean the area with soap and water.
3. Save the tick in a baggie in case you need to bring it to my doctor or call MDH at 651-201-5414 if you need help.

Thanks for helping me learn about ticks and stay healthy. I can't wait to have fun outdoors again!

For more information and fun videos: www.health.state.mn.us/ticks