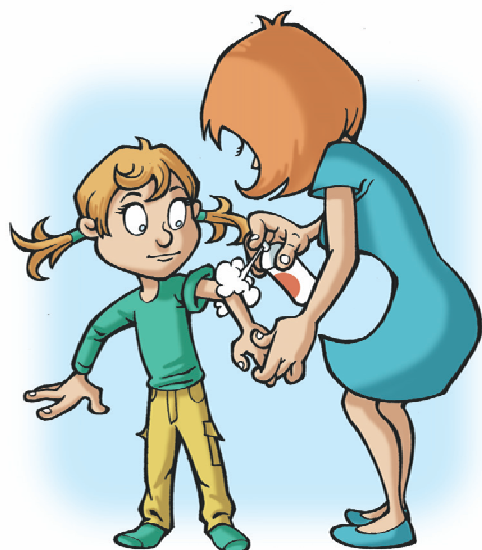




# BE TICK FREE



## 1 USE INSECT REPELLENT

Let an adult apply the repellent for you.



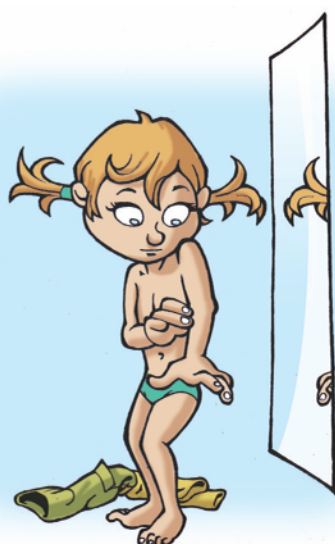
## 2 COVER UP

Wear long-sleeved shirts and trousers. Tuck your shirt into your pants and your pants into your socks to make sure that the ticks stay outside your clothes.



## 3 AVOID HIGH GRASS OR BUSHES

Ticks like to sit in the grass and in bushes. Don't sit or lie on the ground either.



## 4 CHECK YOURSELF FOR TICK BITES

Check your clothes and your entire body for ticks when you come home after having been outdoors.



## 5 REMOVE THE TICK

If you find a tick on your body, ask your parent or another adult to remove it for you with tweezers.



## 6 CLEAN THE WOUND

Finally, let the adult apply antiseptic to the wound.

## WHAT IS A TICK?

✓ TICKS ARE SMALL CREATURES THAT LIVE IN NATURE. They bite wild animals and suck their blood but they can bite humans too.

## WHY AVOID TICK-BITES?

✓ ONCE A TICK BITES YOU IT USUALLY STAYS ON YOUR BODY.

A tick-bite does not hurt. But some ticks carry diseases that can be passed on to you as they feed on your blood. That is why it is very important to try to avoid being bitten by ticks – and to remove them quickly if it does happen.

