

# BE TICK FREE



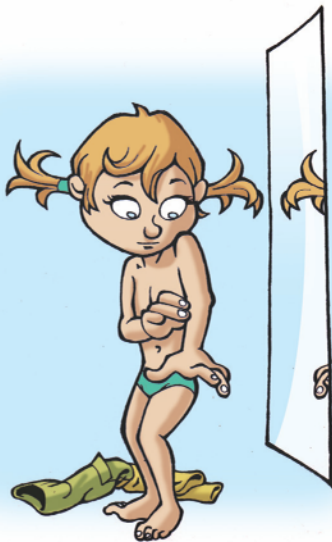
**1** USE REPELLENTS



**2** COVER UP



**3** AVOID HIGH GRASS OR BUSHES



**4** CHECK FOR TICK BITES



**5** REMOVE THE  
TICK WITH TWEEZERS



**6** CLEAN  
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.

