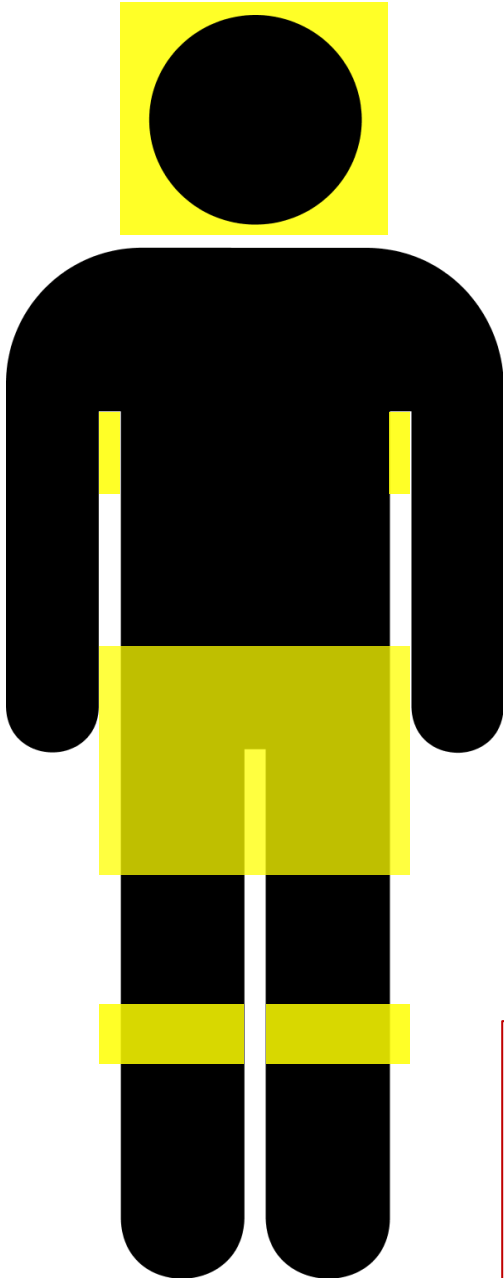


Make sure you check yourself for ticks!



Be sure to check:

- Inside and behind ears
- Along hairline
- Back of neck
- Armpits
- Groin
- Legs
- Behind knees
- Between toes

Should you find a tick attached to you, remove it by placing tweezers close to skin and pulling upward.

Do *NOT* twist or jerk tick.

North Shore Shared Public Health Services Program

For more information contact your local health department

