Don’t Get Sick, Check For Ticks!

Checking for Ticks
• After being outdoors, always check your clothes, hair, and body for ticks
• Shower to wash any ticks off your body
• Wash and dry clothes to remove ticks

Removing Ticks
• If you find a tick attached to your skin, grasp it with tweezers as close to the skin as you can. Pull up on the tick with steady pressure. Do not squeeze.
• Wash the bite area and your hands with soap and water. Dispose of the tick by sticking it to a piece of tape and placing in trash or by flushing the tick in the toilet.

Preventing Ticks
• Wear light colored clothing (long sleeve shirts and long pants) so you can easily see ticks
• Use bug repellent that contains 20% or more DEET, picaridin, or IR3535 on exposed skin
• Walk in the center of trails
• Treat clothing with products containing permethrin (Do not apply permethrin to skin)

See a Doctor If...
- RASH
- BODY ACHES
- FEVER
- CHILLS
- HEADACHE

Specimen identification is available through IDPH: http://www.dph.illinois.gov/sites/default/files/forms/arthropod-specimen-id-form-041116.pdf