BE TICK SMART

PROTECT · CHECK · REMOVE · WATCH

DO A DAILY TICK CHECK.

- Scalp & neck
- **Ears**
- **Back**
- **Underarms**
- **✓** Belly button
- **✓** Waist & hips
- ✓ Pelvic area & between legs -
- **✓** Behind knees

If you find a tick, learn how to remove it and what to do next at HealthVermont.gov/BeTickSmart.

