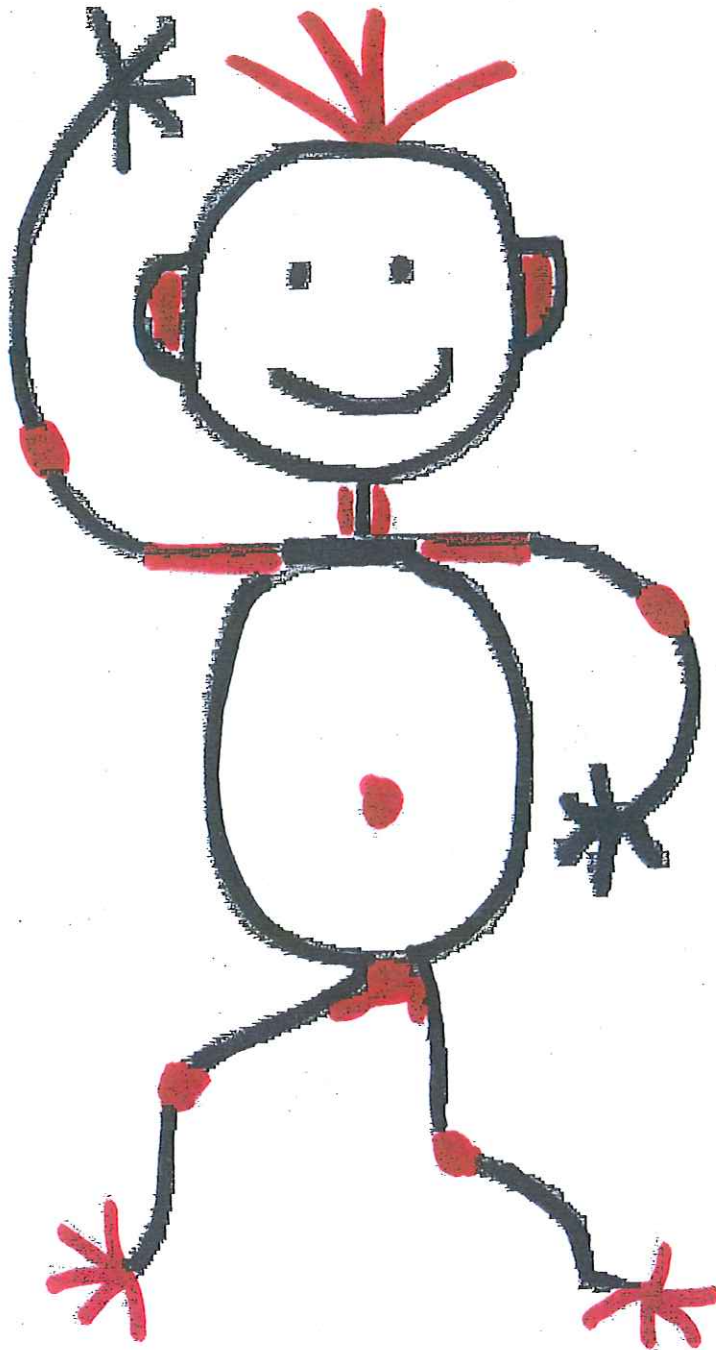


A tick check a day will help keep **LYME** away!  
Early removal of ticks prevents Lyme and other tick-borne diseases!



- Feel for little bumps on Your head
- Look in and behind Your ears
- Check your neck
- Look under your arms and In your elbows
- Look for tiny brown spots On your skin
- Look in your belly Button
- Check between your legs
- Check behind your knees
- Check between your toes

Check yourself for ticks each time you have participated in an outdoor activity. Look and feel for ticks on your body before, during and after bathing. If you find a tick, pull it out with tweezers and clean the area well. Don't be concerned if a small piece of the tick is left in the skin, as long as the body of the tick is removed it cannot transmit disease. If you develop symptoms (large expanding red rash, severe headache with neck stiffness, muscle or joint aches, facial paralysis, fatigue or fever) within a few days to a couple of weeks of a tick bite, **call your doctor immediately**. Putting your clothes in the dryer for 15 minutes will kill ticks on clothing.

This information is provided by the Natick Board of Health