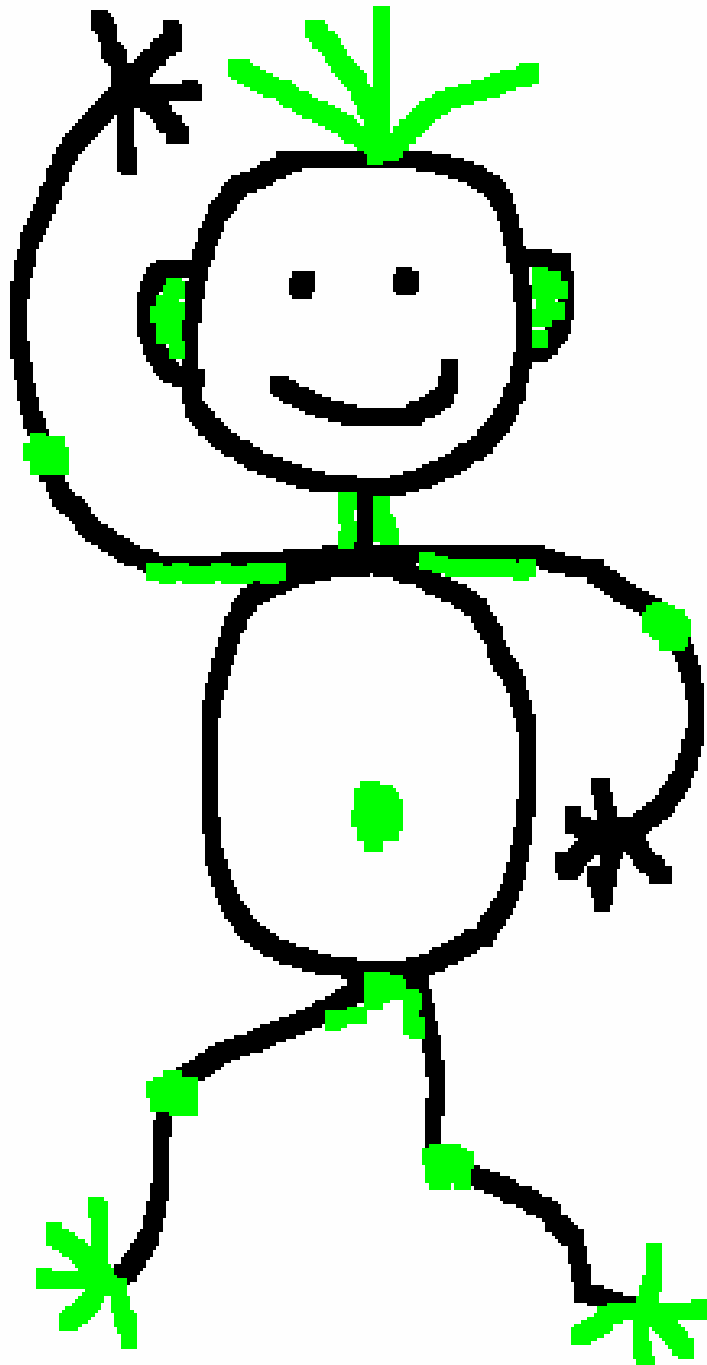


A tick check a day will help keep LYME away!
Early removal of ticks prevents Lyme and other tick borne diseases!



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

Behind your knees

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 (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 the tick bite, **call your doctor immediately**; prompt treatment is necessary to treat Lyme. Putting your clothes in the dryer for 15 minutes will kill ticks on clothing. Your pets can carry ticks into your home so check them often too!

This information provided by the Westwood Board of Health