

# Tommy's Tick Tips

Know the risks. Avoid the ticks.

## Do this stuff

Stay on paths and trails when hiking in the woods.

Wear long sleeved light colored clothing.

Always check for ticks after being outdoors.

Have adults remove attached ticks with tweezers. Note date on a calendar.

Wear long pants tucked into your socks.

## Don't do this stuff

Don't spray repellent's on:  
\*your face  
\*hands  
\*sunburned skin  
\*rashes

Don't spray repellents indoors.

Don't ignore a bulls eye rash. Tell your parents.

Don't play in damp piles of leaves.

Don't go in tall grass or woods barefoot or in shorts or short sleeved shirts.



Anne Arundel County Department of Health  
Communicable Diseases