

# TICK IDENTIFICATION CHART

## Black-legged Tick (Deer Tick)



Adult  
female



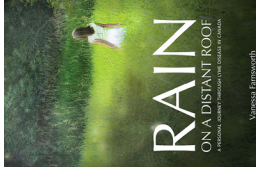
Adult  
Male



Nymph



Larva



## Rain on a Distant Roof Vanessa Farnsworth

Print book ISBN 978-1927426-23-4, \$19.95

Ebook ISBN 978-1927426-24-1, \$9.99

- [www.lymediseasebook.com](http://www.lymediseasebook.com)
- [www.signature-editions.com](http://www.signature-editions.com)

- Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through leaf litter or near shrubs. Always walk in the centre of trails in order to avoid contact with ticks.
- Use a repellent with DEET. Parents should apply this product to their children, avoiding the hands, eyes, and mouth.
- Placing clothes into a dryer on high heat for at least 1 hour effectively kills ticks.
- Showering within 2 hours of coming indoors will reduce your risk of getting Lyme disease. It may help wash off unattached ticks and is a good opportunity to do a tick check.
- Upon return from potentially tick-infested areas use a mirror to do a full body check. Check these parts of your body and your child's body for ticks: in and around hair; in and around ears; back of knees and between legs; under arms; around waist; inside belly button.
- If you find an attached tick, remove it immediately by grasping with tweezers, as close to the skin as possible, and pulling it straight out.