

# COUNT TO TEN FOR TICKS!



After Spending Time Outdoors, Check for Ticks.  
Know where to tick check to defend against tick-borne infection.  
Start with these 10 spots going from Bottom to Top.

## Count to Ten from Bottom To Top

Check your children for ticks. Check yourself for ticks. If you don't have someone to help you, use a mirror to check all parts. Work your way up from bottom to top. Ticks like warm spots, so don't miss any of those. Feel for bumps. Look for tiny dark spots. Most ticks are very small!



1. Toes
2. Back of knees
3. Legs
4. Groin
5. Around Waistline
6. Belly Button
7. Armpits
8. Back of Neck
9. In and Behind Ears
10. Head

