

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

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

