

VUXLORE TICK ACADEMY

TICK-SAFE OUTDOOR TIME

PLAN • PLAY • CHECK

1 GET READY



Long sleeves • Long trousers • Closed shoes



Light colours help you spot ticks.



Tuck trousers/pants into socks.



2 EXPLORE



Keep to clear paths.



Avoid brushing through long grass and dense plants.



Have fun outdoors!

3 CHECK



Check clothes, skin and hair.

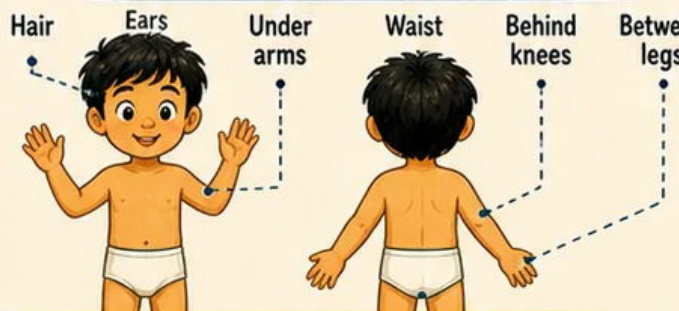


Check children, pets and outdoor gear.



Shower soon after outdoor time.

CHECK FROM HEAD TO TOE



♥ Ask a grown-up to help. ♥



TICKS DO NOT FLY OR JUMP

They wait on plants for people or animals to brush past.



ENJOY NATURE. STAY TICK AWARE.

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