

Human Tick-Check Body Map

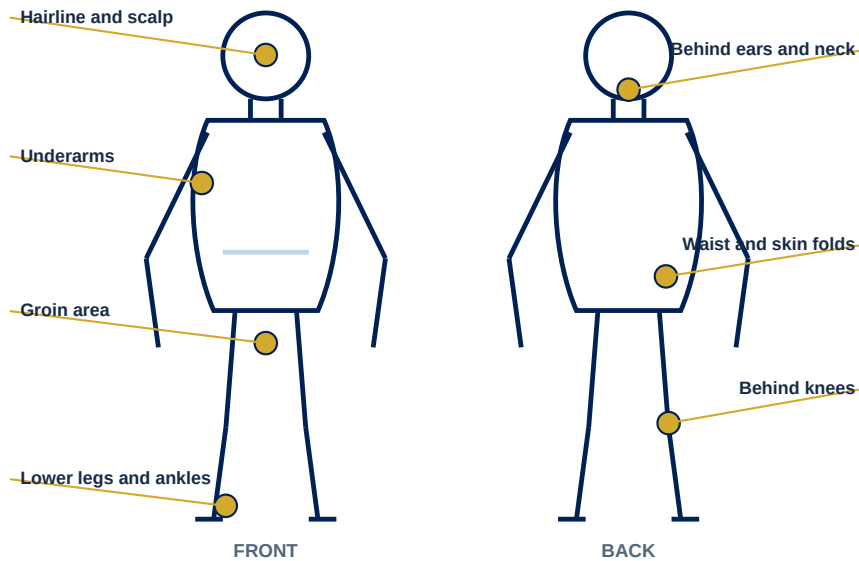
A calm head-to-toe reminder after outdoor activities

A tick can attach anywhere - check the whole body carefully.

Use good light, a mirror or a trusted helper where appropriate. Keep checks private and age-appropriate.

LOOK AND FEEL - FRONT AND BACK

The highlighted points are reminders, not the only possible bite locations.



CHECKLIST

- ☐ Clothing, socks, footwear and gear
- ☐ Hairline, scalp and around the ears
- ☐ Back of the neck and underarms
- ☐ Waist, belly button and skin folds
- ☐ Groin area - check privately
- ☐ Behind the knees
- ☐ Lower legs and ankles
- ☐ The rest of the body

CHILDREN

A trusted adult should help. Pay particular attention to the head and neck while still checking everywhere.

A SIMPLE CALM ROUTINE

1

Check clothing and gear

Look before ticks can be carried indoors.

2

Use good light

Use a mirror or trusted helper if needed.

3

Check head to toe

Look and feel carefully - ticks can be tiny.

4

If you find a tick

Remove it promptly using current safe guidance.

IMPORTANT

Remove an attached tick promptly using an appropriate tick-removal tool or fine-tipped tweezers and follow current instructions. Do not use heat, petroleum jelly, nail polish or other home remedies.

If you become unwell or develop a spreading rash after a tick bite, seek medical advice and mention the possible tick exposure.

Guidance basis: UKHSA tick awareness and public-health tick-check guidance. Check current local advice. This resource supports awareness and does not diagnose a bite, species or infection.