

Tick Prevention Picture

Draw a picture of yourself in nature that includes three ways that you would protect yourself from ticks.
Label the picture with the protective actions that you have included. (Ideas to protect yourself from ticks are listed below).



Ideas to protect yourself from ticks:

1. Wear long sleeved shirts and pants.
2. Spray your clothes with repellent.
3. Wear white or light-coloured clothes to see ticks easier.
4. Wear shoes/boots instead of sandals or bare feet.
5. Tie back long hair and wear a hat.
6. Walk in the middle of the trail, away from vegetation, where ticks may be.
7. Tuck shirt into pants, and pants into socks to help keep ticks away from your skin.
8. Perform a 'tick check'.

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