

# SOME TICKS CARRY DISEASES



Check for ticks  
every day.



Save the tick.



If you have a rash or  
fever talk to a doctor.

[vdh.virginia.gov/ticks](http://vdh.virginia.gov/ticks)

DON'T LET THE  
**TICK**  
GET YOU SICK



# TAKE THEM OFF CAREFULLY

- ✓ Squeeze close to the tick's mouth (near your skin).
- ✗ Do not squeeze the belly.

