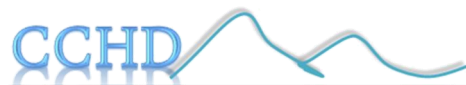


Make your own Tick Kit

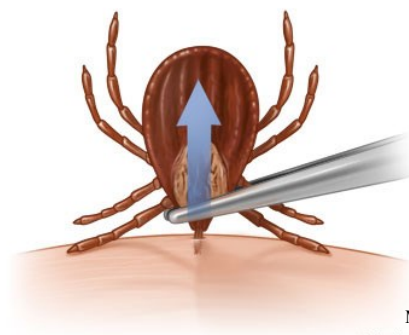
Pack a tick kit when you take a hike, work in the woods, or spend time outdoors. Do a “tick check” every time you go outside and remove ticks as soon as you find them. Proper removal will lower your chances of getting sick. A tick kit is easy to make and won’t take up much room in your knapsack or lunch pail.

What you will need:

- **Fine-tipped tweezers** to grasp the tick as close to the skin surface as possible;
- **Instructions on how to remove a tick.** See *How to Remove a Tick* at <http://www.clintonhealth.org/ticks>;
- **Antiseptic wipes** to clean the skin after removing the tick;
- **Small magnifier** to make small ticks easier to see and remove;
- **Re-sealable bag** to keep all items in.



Clinton County **HEALTH** Department



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