Ticks in Vermont can spread serious diseases. Always check yourself, learn how to safely remove ticks, and watch for symptoms of a tickborne illness.

How To Do A Tick Check

- Inspect every part of your body for ticks. Ticks love warm, dark places.
- Ticks can be as small as a poppy seed!
- Tell your coach, or another adult, if you are bitten by a tick.

- In your hair.
- In and around the ears.
- Under the arms.
- Inside your belly button.
- Around your waist and hips.
- Between legs.
- Backs of your knees.
- Under pads and shin guards.
- Between toes.