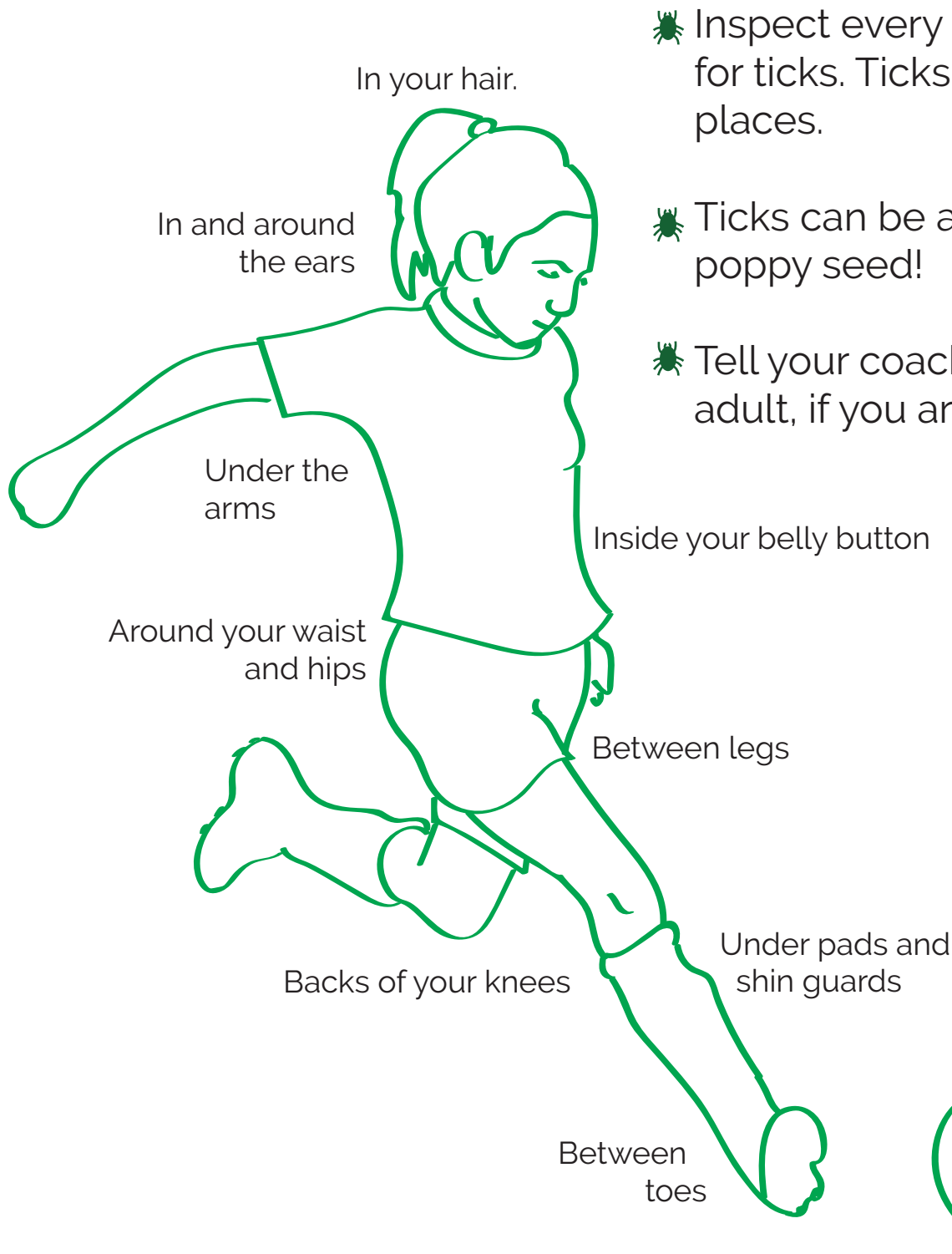


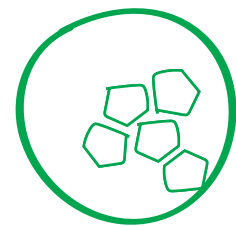
How To Do A Tick Check



🕷️ 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



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