How To Do A Tick Check

- Inspect every part of a child's body for ticks. Ticks love warm, dark places.
- Ticks can be as small as a poppy seed!
- Teach children to notify an adult if they are bitten by a tick.
- Learn to remove ticks safely. Do NOT use petroleum jelly, nail polish, or matches!
- Call the child’s pediatrician to report the tick bite.

Ticks in Vermont can spread serious diseases. Always check your child for ticks, and watch for symptoms of a tickborne illness.