

HEALTHY OUTDOOR LIVING

BE TICK SMART

Do a Daily Tick Check

After spending the day outdoors, it's important to check yourself and your family for bumps and tiny brown spots. Make sure to check these areas:

- SCALP & NECK
- EARS
- UNDERARMS
- BELLY BUTTON
- WAIST & HIPS
- BEHIND KNEES
- PELVIC AREA & BETWEEN LEGS



Protect

Check

Remove

Act

[GNB.CA/TICKSMART](https://gnb.ca/ticksmart)

New Brunswick
Nouveau Brunswick