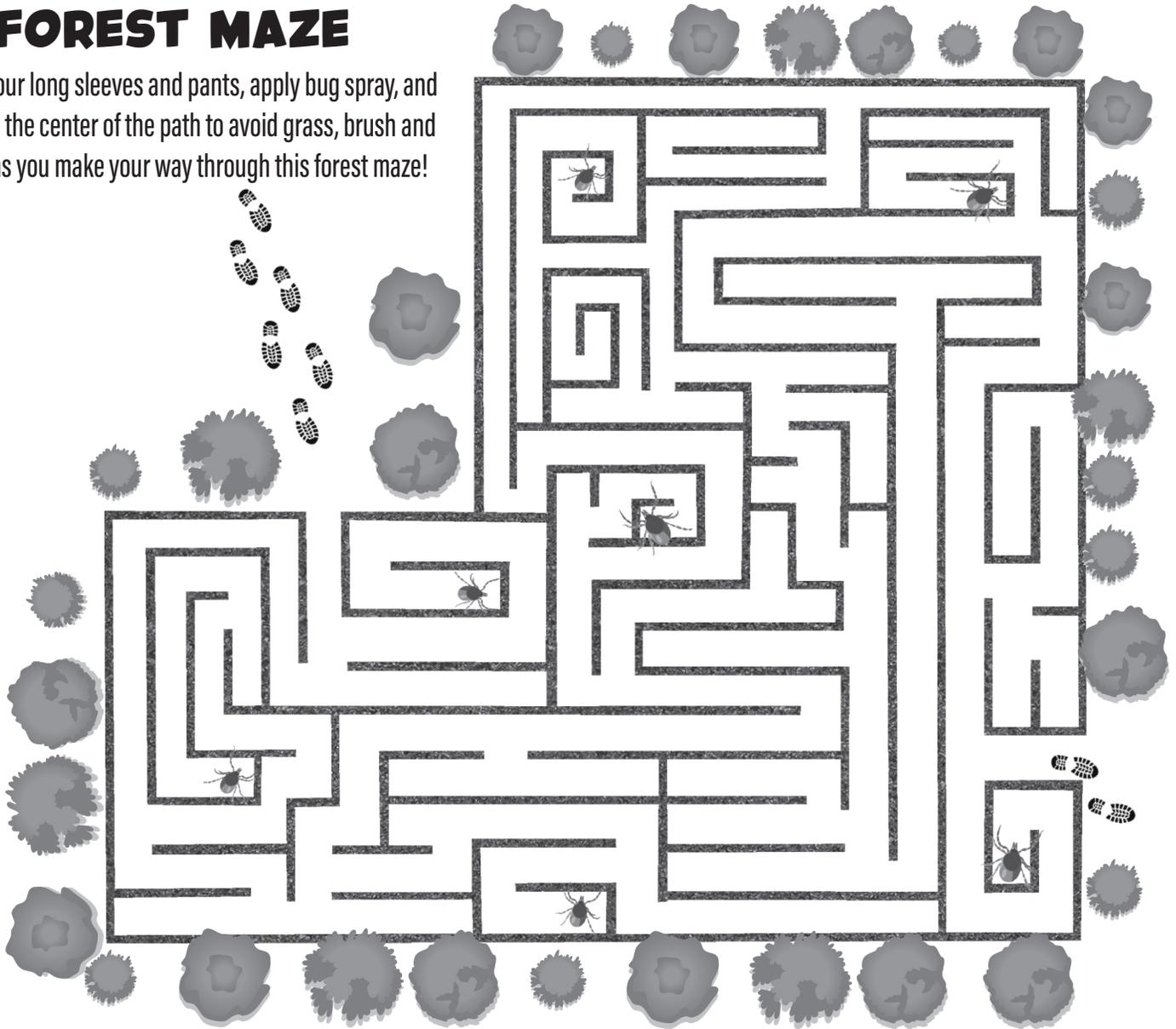




# TICK AND LYME DISEASE PREVENTION

## FOREST MAZE

Wear your long sleeves and pants, apply bug spray, and stay on the center of the path to avoid grass, brush and ticks as you make your way through this forest maze!



## WANT TO HAVE A TICK TESTED?

SEND IT TO THE SUNY UPSTATE MEDICAL UNIVERSITY THANGAMANI LAB!



Scan this QR code, or visit [thangamani-lab.com/tick-submission](http://thangamani-lab.com/tick-submission), and complete the Tick Submission Form.

Remember! Each tick you send gets its own Tick ID Number. Enter it in the box below, cut it out, and send it along with your tick.

Carefully follow the packing and mailing instructions.

TICK ID #

## HOW DO I REMOVE A TICK?

- The right way to remove a tick is the safe way. Ask for help.
- Don't burn, smother, or agitate it.
- Use fine point tweezers or a tick tool.
- Grasp the base of the head, as close to the skin as possible.
- Gently pull up until the whole tick detaches (don't crush it).
- Use rubbing alcohol or soap and water to clean the bite site.

