



Wellness IN THE Woods

Prevent tick bites and the diseases they carry.

- Walk in the center of trails away from plants.
- Use an insect repellent on skin and clothing.
- Wear long pants, socks and boots. Tuck pants into socks.
- See the back of this card for additional tips.

Sponsored by Cook County Department of Public Health and the Forest Preserves of Cook County.



Check for ticks often and as soon as possible after being in nature. Check yourself, your kids and your pets for ticks.



Adult female



Adult male



Nymph



Larva

To remove a tick, promptly place tweezers as close to the skin as possible, and gently, but firmly, pull the tick straight out. Wash hands and apply antiseptic to the site of the bite.

Watch for symptoms of tick-borne illness. If you have been bitten by a tick, contact your doctor immediately if you develop rash (possibly bullseye), fever/chills, aches and pains.

For more information visit:

avoidtickscookcounty.org