

Tick Check

When you're active outdoors, chances are ticks are, too. Peak season can start as early as April and last until September, making it important to prevent tick bites while exploring the outdoors.

Take steps to prevent tick-borne illnesses such as Lyme Disease and Rocky Mountain Spotted Fever by checking these common hiding spots before heading indoors.



**In and around
your ears**



**Inside your
belly button**



Under your armpits



Behind your knee



Around your waist



**On your scalp
and in your hair**

Tick Check for Pets

When it comes to tick-borne illnesses, your pets are at risk, too. Anytime you and your pets spend time outside, take precautions to help prevent tick bites by checking for ticks hiding in these hard-to-find places.



Between their toes



Behind, inside and
out of their ears



Under their
armpits



Around their face,
chin and tail



Through their fur



Under their collar