

For use in school e-bulletins/newsletters, on social media, etc.

Let's talk ticks! It's fun to enjoy the outdoors and it's also important to protect yourself from ticks – a small insect that can carry the germs. Ticks are found all across Nova Scotia. Check your body and clothing for ticks after spending time outside. If you find a tick, ask an adult to help you remove it safely. Learn more at novascotia.ca/ticksafety/

Tick Talk: Tips for enjoying the outdoors safely

- Apply insect repellents containing DEET or Icaridin to exposed skin and clothes.
- Wear light colored long sleeved shirts and pants, closed shoes, and tuck pant legs into socks.
- Checking your whole body for ticks and, when possible, taking a bath or shower within two hours of coming indoors. This makes it easier to find ticks.

Enjoy the outdoors and protect yourself from ticks. Learn more at novascotia.ca/ticksafety/

Do you check for ticks? Make it a regular thing. Learn more at novascotia.ca/ticksafety/