

# DO A DAILY TICK CHECK



Shower time is a great time to feel for bumps and look for tiny brown spots, especially in these areas:

- ✓ Scalp & neck
- ✓ Ears
- ✓ Back
- ✓ Underarms
- ✓ Belly Button
- ✓ Waist & hips
- ✓ Pelvic area & between legs
- ✓ Behind knees



**BE  
TICK  
SMART**



**Protect • Check • Remove • Act**