Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks. **Check your entire body**, especially:

- **Head and hair**
- **Back** (use a mirror or ask for help)
- **In and around the ears**
- **Under the arms**
- **Waist**
- **Around the groin**
- **Belly button**
- **Legs**
- **Behind the knees**
- **Between the toes**

**WHAT TO LOOK FOR?**

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!

<table>
<thead>
<tr>
<th>Stage</th>
<th>Size</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nymph</td>
<td>around 1.15 mm</td>
<td><img src="image" alt="Nymph" /></td>
</tr>
<tr>
<td>Adult Male</td>
<td>around 2 mm</td>
<td><img src="image" alt="Adult Male" /></td>
</tr>
<tr>
<td>Adult Female</td>
<td>around 3 mm</td>
<td><img src="image" alt="Adult Female" /></td>
</tr>
<tr>
<td>Fed Adult Female</td>
<td>up to 1 cm</td>
<td><img src="image" alt="Fed Adult Female" /></td>
</tr>
</tbody>
</table>

Don't forget to also check your pets.

Found a tick? Remove it immediately to reduce the risk of infection.  
Canada.ca/LymeDisease