

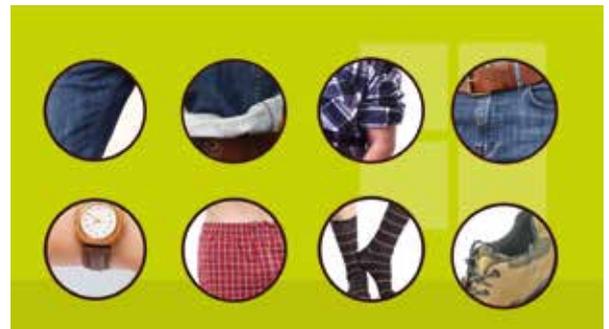
# Methodical tick checking



If you work outdoors, you run a higher risk of being bitten by a tick. So, after work, you should always check yourself for ticks. Use your hands and, if necessary, a brush or a sticky clothes roller. Make sure there's enough light.



First check your clothing. From front to back, top to bottom, and left to right.



Pay particular attention to: seams, rolled up trouser bottoms, rolled up sleeves, under your belt and watch, the edge of your underwear, socks and the inside of your shoes. And check your hat or cap.



Once you've checked the outside of your clothing, check the inside. Take off your clothes and check the inside of your coat, top layers and underwear.



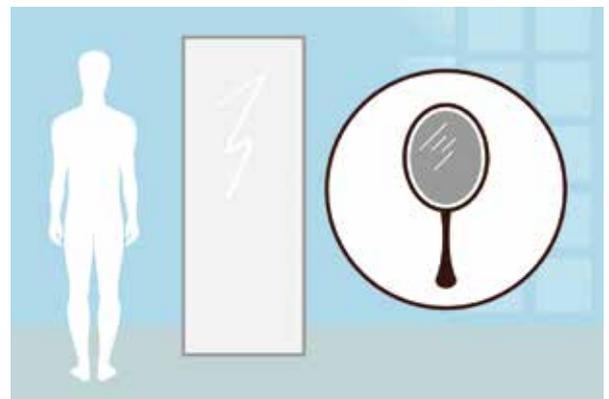
Put the clothing straight into a washing machine or dryer, not in a laundry basket with other clothing. Or put your clothing in an organic laundry bag and tie the bag firmly.



Do not hang your coat on a coat stand as ticks can walk onto other coats and jackets. The same applies to shoes and hats.



Check the front and back of your body; from top to toe, from left to right. Pay particular attention to: behind your ears, the hairline and neck, armpits, navel, the crook of your elbow, between your fingers, the crotch, the groin, your bottom and crack, behind the knees, between the toes, under the feet and round the ankles. Women: check under and between your breasts. Men: check under your scrotum.



Check the back of your body using a hand mirror and full-length mirror.



If you see a tick, remove it, preferably using sharp tweezers. Wrap the tick in sticky tape or a bag and throw it away.



Once you've checked your clothing and body, have a shower. This can wash away any unattached ticks you've not spotted.



Note any tick bites in your diary and on [www.stigas.nl/diensten/tekenbeet](http://www.stigas.nl/diensten/tekenbeet). Watch the video on [www.weekvandeteek.nl](http://www.weekvandeteek.nl)