TICKS

Also see Lymes Disease

HOW TO CHECK FOR TICKS

Step 1
Head straight for your bathroom and strip off all your clothes. Toss them in a dry bathtub.
This keeps any critters crawling across the bathroom floor. Just because they aren't on you, doesn't mean they won't find you later in they are out crawling around.

Step 2
Check your hair first. If you have long hair , take it down. Run your fingers flat against your scalp and over your entire head. Hold your fingers together and use both hands. Touch the entire surface area of your scalp. Feel for small bumps or objects against your head. It helps to have a partner assist you in the search through your hair, making sure to part the hair in sections whilechecking thoroughly.

Step 3
Comb your hair. Hopefully you didn't find any ticks attached to your head, but they could still be around. Use a small-toothed comb and thoroughly comb through all of your hair. If your hair is long, pull it up when you're finished.

Step 4
Look over the rest of your body from the top down. Some ticks are very small, so look carefully at your skin. You are looking for a small, round, black or brown bump. Stand in front of a long mirror to look at your back side or ask for some assistance if your partner is around.

Step 5
Raise your arms and check your armpits. Ladies, be sure to check underneath your breasts.
Ticks like dark areas. Check your male and female parts just in case. Ticks will typically head for the hottest area of the body (the head) and will only stop if they are blocked by clothing or armpits, groins, etc.

Step 6
Put on some clean clothes. If you've made it this far without finding a tick you are good to go.
Carefully pick up your clothes from the bathtub and hold them away from yourself. Look for ticks in the bathtub.

Step 7
Take your clothes outside and give them a shake. Turn them inside out and shake them again.
If you found a tick, leave your clothes outside for a while. If you missed one, it should crawl awayeventually in search of more food.

REMOVAL OF TICKS

A safe way to remove tics is with liquid soap. Most try and use tweezers to get into hard places to get the little fellers out, but if you apply liquid soap onto a cotton ball and cover the tick with the soap soaked cotton ball, swabbing it for 20 seconds, the tick comes out on its own and will be stuck to the cotton ball when you lift it away. So when you are out in the fields, or camping, carry a little bottle of soap and some cotton balls with you.