Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child’s body for ticks:

- In and around the hair
- In and around the ears
- Under the arms
- Inside the belly button
- Around the waist
- Between the legs
- Back of the knees

Source: CDC

If you find a tick embedded on you or your child, you can bring it to Uncas Health District and have it submitted for testing at the CT Agricultural Experiment Station at no charge.

Please call us for more information at:

860-823-1189