

A friendly reminder to

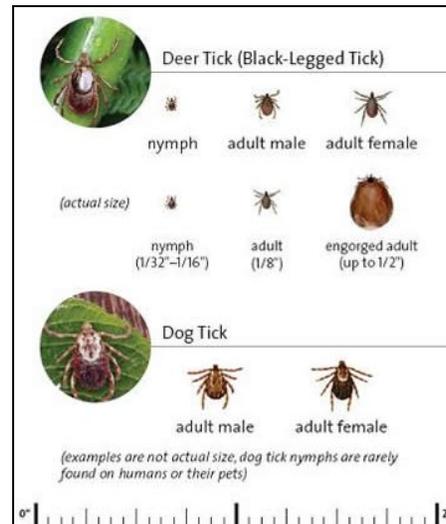
# CHECK FOR TICKS

after being outdoors, using ball fields or parks,  
walking on trails and in your garden & backyard!

If you find a tick and need assistance removing. Please take a tick brochure available in the Nature Center or visit <http://www.cdc.gov/features/stopticks/>

## How to Prevent:

Wear insect repellent,  
Wear protective clothing  
Check for ticks often  
Shower soon after  
being outdoors



## Where to check:

Inside & behind ears  
Along hairline  
Around neck  
Under armpits  
In groin area  
Behind your knees  
Between your toes

If you have a tick bite followed by a fever or rash please seek medical attention. Removing a tick within 36 hours will greatly reduce the risk for disease exposure.

# How to Identify Poison Ivy

Poison Ivy is a very deceptive vine. It creeps into gardens, shrubs, trails and fields. It can be a groundcover, appear shrub-like, or branch out like a tree. Remember “Leaflets of three, let it be” and “Hairy vine, no friend of mine”



Every part of the plant is poisonous when in contact, ingested, or inhaled (from firewood containing vine hairs). Oils can be present on clothing for years even after washed. The plant may have deep ridges on margin (perimeter of leaflet). The outer two are symmetrical and the middle one is on a longer petiole (leaf stem). Early plants may appear red and or shiny, and may wilt during a drought. This deciduous plant 's leaves turn reddish in fall when berries are ripe and than fall off soon after that. Even without leaves or after plant is dead, oils on stem or root can cause irritation.



If you believe you have come in contact with poison ivy, wash the effected area immediately. Soap including the ingredient Jewelweed is recommend and can be purchased at whole foods, Ms. Greens and Scarsdale Hardware. If rash, blistering, or other symptoms occur, seek immediate medical attention.