

# Prevent Tick Bites and Poison Ivy Rashes

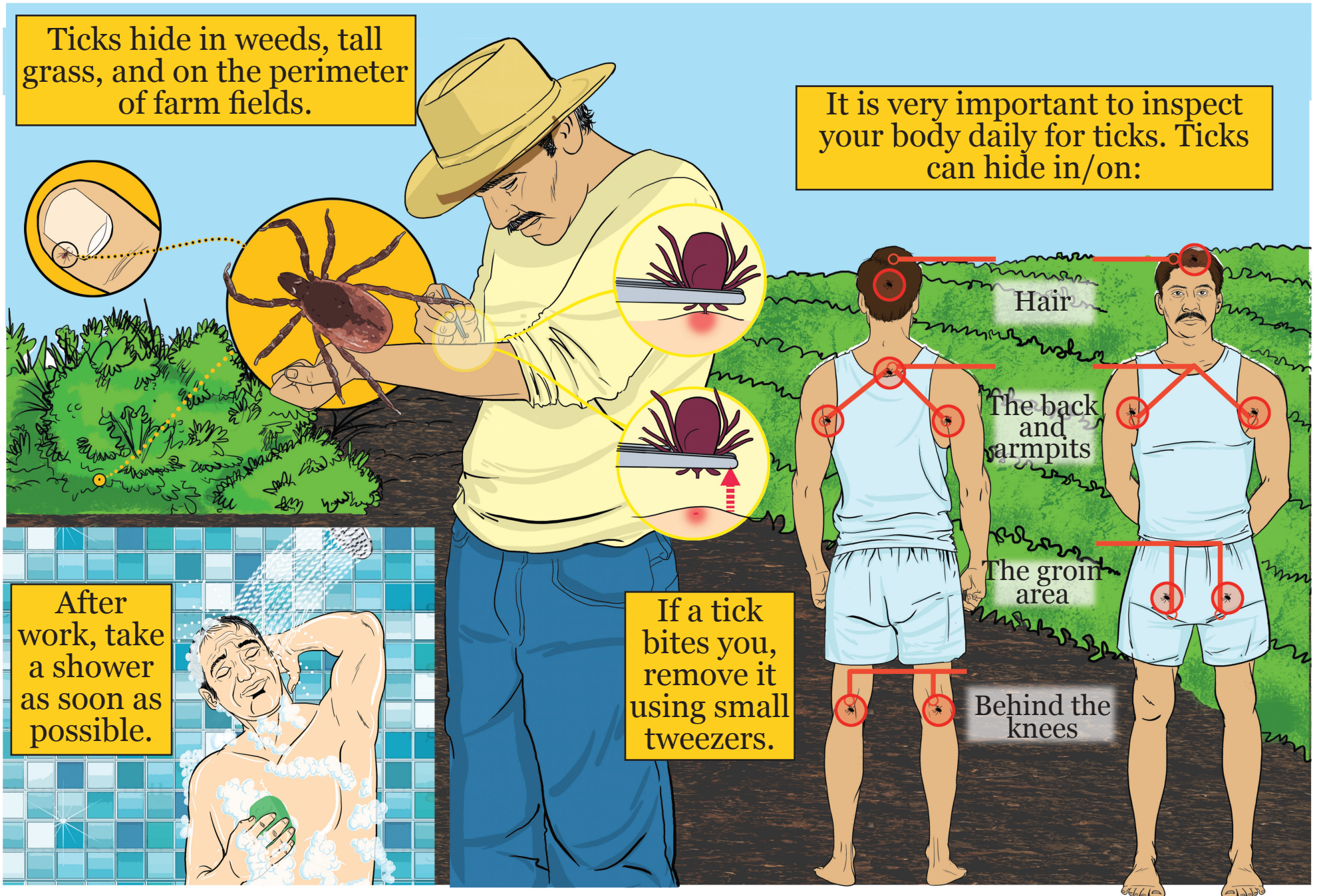
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Ticks hide in weeds, tall grass, and on the perimeter of farm fields.

It is very important to inspect your body daily for ticks. Ticks can hide in/on:



After work, take a shower as soon as possible.

If a tick bites you, remove it using small tweezers.

Hair

The back and armpits

The groin area

Behind the knees

This is **POISON IVY**, you can find it in and around farm fields. If you touch it, it is possible that you will develop an itchy skin rash.

If you accidentally touch it, wash the area with water and soap as soon as possible.



To relieve itchiness caused by the rash, use hydrocortisone cream, which you can buy at the grocery store or pharmacy without a prescription.

liquid  
**SOAP**

**Hydrocortisone**  
cream