

Worry less, enjoy more nature – protect yourself from ticks!

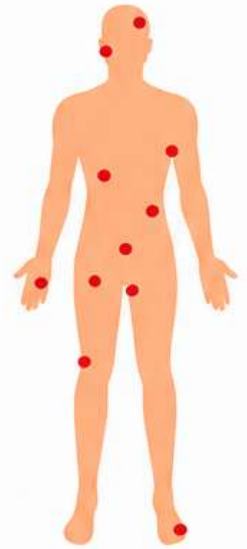


Simple steps to stay protected:

- Wear long, light-colored clothing, tuck socks over the top of your pants.
- Get vaccinated against tick-borne encephalitis.
- Use a repellent – apply it to your skin and spray it on your clothing.

After returning home:

- Shower, wash your hair, and check your entire body, especially exposed areas.
- Check yourself regularly, as ticks can attach at any time, even a day or two later.



Remove a tick safely:



- Remove the tick as soon as possible.
- Use tweezers to grasp it as close to the skin as possible and pull it out with a steady, even motion.
- Avoid squeezing the tick's body to reduce the risk of infection.
- If parts of the tick remain in the skin, remove them.
- Clean the bite area with alcohol or soap and water.
- Monitor the area for at least one month. If a red rash (ring) appears, consult a doctor.