



## TICK PREVENTION



### Evaluate Your Buddies Clothing

**Proper prevention** -Pair up with a buddy and talk about what to wear in the woods and then check what each other is wearing to see how closely it matches the guidelines. Inspect your buddies clothing and check off what clothing your buddy is wearing and if another item would be better for protecting against ticks!

Evaluate your buddies clothing and give your buddy two points for each item of clothing that is good for tick prevention.

- |  |  |
|--|--|
| <input type="checkbox"/> Long sleeved shirt          | <input type="checkbox"/> Long pants                    |
| <input type="checkbox"/> Shorts                      | <input type="checkbox"/> Short sleeved shirt           |
| <input type="checkbox"/> Light colored shirt         | <input type="checkbox"/> Dark colored shirt            |
| <input type="checkbox"/> Light colored pants         | <input type="checkbox"/> Dark colored pants            |
| <input type="checkbox"/> Low socks                   | <input type="checkbox"/> High Socks                    |
| <input type="checkbox"/> Pant legs tucked into socks | <input type="checkbox"/> Pant legs tucked out of pants |
| <input type="checkbox"/> Tennis shoes                | <input type="checkbox"/> Flip flops                    |

Total Score: \_\_\_\_\_

Now have your buddy evaluate your clothing listed below.

- |  |  |
|--|--|
| <input type="checkbox"/> Long sleeved shirt          | <input type="checkbox"/> Long pants                    |
| <input type="checkbox"/> Shorts                      | <input type="checkbox"/> Short sleeved shirt           |
| <input type="checkbox"/> Light colored shirt         | <input type="checkbox"/> Dark colored shirt            |
| <input type="checkbox"/> Light colored pants         | <input type="checkbox"/> Dark colored pants            |
| <input type="checkbox"/> Low socks                   | <input type="checkbox"/> High Socks                    |
| <input type="checkbox"/> Pant legs tucked into socks | <input type="checkbox"/> Pant legs tucked out of pants |
| <input type="checkbox"/> Tennis shoes                | <input type="checkbox"/> Flip flops                    |

Total Score: \_\_\_\_\_



## Clothing Evaluation Answer sheet



**Give two points for each item of clothing checked off below!**

  2   Long sleeved shirt

       Shorts

  2   Light colored shirt

  2   Light colored pants

       Low socks

  2   Pant legs tucked into socks

       Tennis shoes

  2   Long pants

       Short sleeved shirt

       Dark colored shirt

       Dark colored pants

  2   High Socks

       Pant legs tucked out of pants

       Flip flops

Total Score: 12   

### **How you did protecting yourself from ticks**

10-12 = Excellent Job protecting yourself against ticks

8-6 = Good job protecting yourself against ticks

4-2 = You're well on your way to a tick free outfit

0-2 = Work a little harder and you can protect yourself against ticks