ENJOY THE
GREAT OUTDOORS
AND KNOW
WHEN TO SEEK CARE

PROTECT YOURSELF
Wear a chemical insect repellent with DEET
Wear light-colored protective clothing (long pants and long sleeves)
Tuck pant legs into socks

CHECK YOURSELF
Thoroughly inspect yourself, kids, and pets for ticks after being outside. A tick must be attached to skin for 36 hours to infect an individual with the bacteria that causes LYE disease.

HOW TO REMOVE A TICK
If you do find a tick, remove it with tweezers, being careful not to crush the body, and save the tick in a plastic bag in case it needs later identification or testing for disease.

WATCH YOURSELF!
After being bit, it can take several hours for potential symptoms to appear. Watch for flu-like symptoms, rash, fever, joint pain, and/or sensitivity to light. If these symptoms present themselves, seek care immediately.

INSECT BITES AND STINGS
SEEK CARE IMMEDIATELY IF ANY OF THE FOLLOWING SYMPTOMS OCCUR:
1. Hives and itching across the body
2. Trouble breathing
3. Trouble swallowing
4. Tightness in the chest or throat
5. Dizziness, nausea, vomiting, or diarrhea
6. Swelling of the face, mouth, or throat
7. Loss of consciousness

POISONOUS PLANTS
THERE ARE THREE MAIN TYPES OF POISONOUS PLANTS NATIVE TO IOWA:

POISON IVY
leaves of three, let it be

STinging NETTLES

WILD PARSNIP

For rashes, seek care for fever over 100 degrees, pus or yellow scabs, rash on the eyes, mouth, or genital areas, large areas of broken skin, difficulty breathing, or if the rash does not improve within three weeks.

SAFELY GET THE CARE YOU NEED WITH UNIVERSITY OF IOWA HEALTH CARE

Safely get the care you need, when you need it.
Visit a convenient UI QuickCare or UI Urgent Care location today for your same day care needs or schedule a telehealth video visit from the comfort of your home.

For more information or to skip the line, visit: uihc.org/same-day