

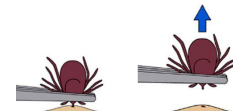
How to Remove a Tick



The best time to get a tick off your body is before it bites. If you have been around wooded or grassy areas, look closely all over your body to see if any ticks are moving around. Check your entire body—and your children—for ticks after being outside and use a mirror to view hard-to-see areas. Showering within two hours after being outside (ideally, as soon as possible) can also help find and wash off unattached ticks.

What to Do if you Find a Tick

- ◆ If the tick is not attached (if it has not bitten you), grab it with a tissue.
- ◆ If the tick has bitten you, **remove it as soon as possible**.
 - ◆ Use fine-tipped **tweezers** to grab the tick close to the skin. Do not twist or jerk the tick—this may cause the mouth parts to break off and remain in the skin. If this happens, remove the mouth parts with tweezers if possible. If not, leave them alone and let your skin heal.
 - ◆ With a steady motion, **gently pull straight up** until all parts of the tick are removed.
 - ◆ **Do not** use petroleum jelly, hot matches, nail polish remover or other products to remove a tick.
- ◆ After removing the tick, clean your skin with soap and warm water.
- ◆ Contact a healthcare provider if you develop a fever and/or rash within a few weeks and tell the provider about the tick bite.



How to Safely Get Rid of a Live Tick

- ◆ Submerge the tick in rubbing alcohol,
- ◆ Place the tick in a sealed bag or container, or
- ◆ Wrap the tick tightly in tape.
- ◆ **Never** crush a tick with your fingers.

