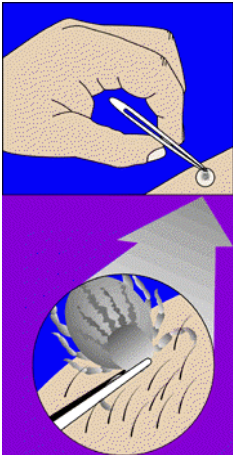


## HOW TO REMOVE A TICK



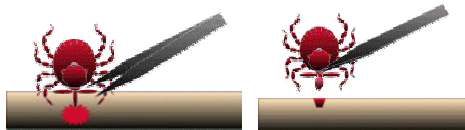
There is no need to panic if you find a tick attached to your skin. Remember **NOT** all deer ticks are infected with the bacteria that causes Lyme disease or ehrlichiosis.

Even if the tick **IS** infected, your chances of getting Lyme disease or ehrlichiosis are greatly reduced if you remove the tick before it has been attached for more than 24 hours.

### TO REMOVE A TICK

- Use fine-point tweezers. Many tick removal devices are available but none are better than a plain pair of fine-point tweezers. Grasp the tick at the place of attachment (by the head or mouthparts), as close to the skin as possible. Do not grasp the tick by the body.

#### Tick removal



- Pull the tick firmly and steadily outward. **DO NOT** twist the tick. This may cause mouthparts to break off and stay in the skin. If this happens, remove the mouthparts with tweezers. Consult your healthcare provider if infection occurs.
- Place the tick in a small vial or container with rubbing alcohol or vegetable oil to kill it.
- Clean the bite wound with disinfectant.
- **DO NOT** put Vaseline petroleum jelly, a hot match, alcohol or any other irritant on the tick before removing it. This can increase the chances of an infected tick transmitting bacteria to you.
- Monitor the site of the bite for the next 30 days for the appearance of a rash. Learn about the other early symptoms of Lyme disease and ehrlichiosis. Report any of these signs to your healthcare provider.