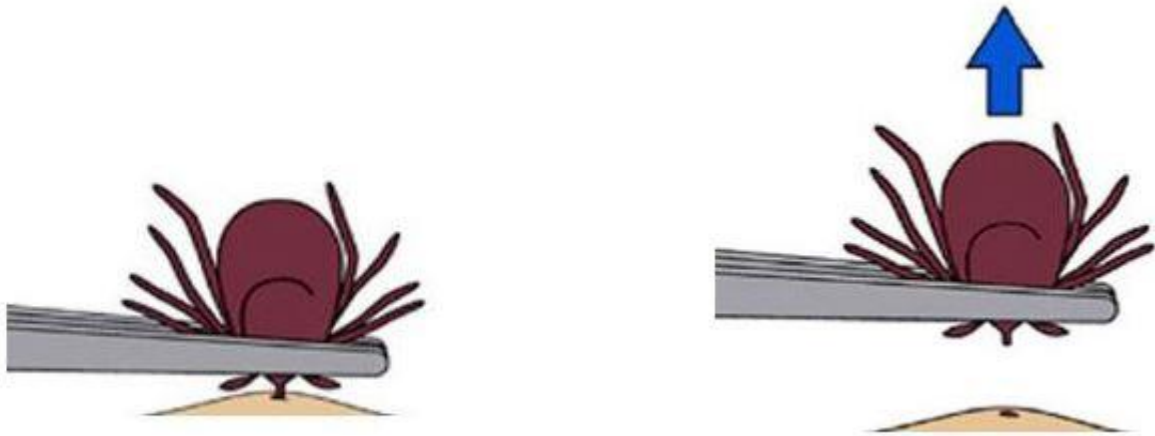


Tick Removal

If you find a tick attached to your skin, there is no need to panic! There are several tick removal devices available but a set of fine-tipped tweezers will remove a tick.



Steps to Tick Removal

- Use fine-tipped tweezers to grasp the tick as close to the skin as possible
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth parts to break off and remain in the skin. If this happens, remove the mouth parts with tweezers. If you are unable to remove them, leave it alone and let the skin heal
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub or soap and water
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it in tape or flushing it down the toilet. NEVER crush a tick with your fingers

If you develop a rash or fever within several weeks of removing a tick

see your doctor.

Be sure to tell the doctor about your bite, when it happened, and where you came in contact with the tick