

## HOW TO SAFELY REMOVE AN ATTACHED TICK:

- Tweezers are the best tool to use.
- Place tweezers as close to the skin as possible. Try to grab the tick's head or just above it.
- Pull upward with a slow and steady motion. Try to avoid breaking the tick, but don't be alarmed if the head breaks off and remains in the skin. Disease transmission is not possible without the entire body.
- Disinfect the bite area with rubbing alcohol or soap and water.
- Your physician may be interested in identifying the tick. Consider saving it in a baggie or pill vial. Label the container with the date the tick was removed and location of the tick bite on the body.
- Pay attention to your health for a few weeks after being bitten by a tick. See your doctor if you develop a rash, fever, aches, fatigue, or swollen joints.

