

Let's Talk Ticks

DON'T WAIT: REMOVE ATTACHED TICKS ASAP

What to do if you find an attached tick:



Remove attached ticks as soon as possible. Do not wait to go to a healthcare provider to remove the tick.

Delaying tick removal could increase your risk of getting a disease spread through tick bites.



Do not use petroleum jelly, heat, nail polish, or other substances to detach the tick from your skin. *This may cause the tick to force infected fluid into the skin.*



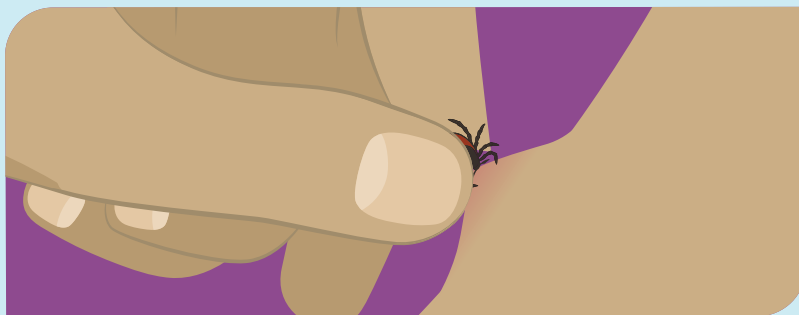
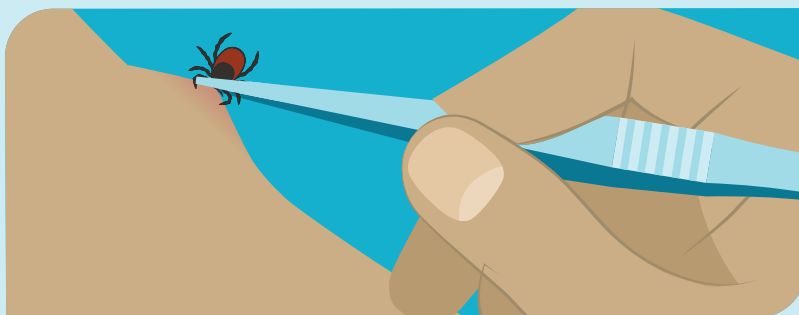
Look for other ticks and remove them. See a healthcare provider if you develop a rash or fever within weeks.

Tell them when and where the bite occurred.

How to remove an attached tick:

1

Grasp the tick as close to the skin's surface as possible using clean, fine-tipped tweezers. *If fine-tipped tweezers are not available, use regular tweezers or your fingers. Grasp the tick close to the skin's surface to avoid squeezing the tick's body.*



2

Pull the tick away from the skin with steady, even pressure. *Don't twist or jerk the tick.*

3

Dispose of the live tick by taking one of these steps.



Place it in a sealed container



Wrap it tightly in tape



Flush it down the toilet



Put it in alcohol

4

Clean the bite area and your hands thoroughly after disposing of the tick. *Use soap and water, rubbing alcohol, or hand sanitizer.*

Learn more at
cdc.gov/ticks/after-a-tick-bite

