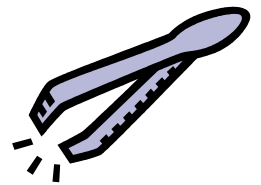


How to Remove a Tick



The best time to get a tick off of your body is before it bites. If you have been in areas where ticks live, be sure to look closely all over your body to see if any are moving around. Simply use a tissue to grab the tick and throw dead ticks in the trash. Do not squeeze or crush a tick with your bare hands.

If you find a tick and it has already bitten you, follow these steps:



1. Use tweezers to grasp the tick by its head (not just the body). Grasp the tick as close to your skin as possible.
2. Pull steadily until the tick pulls out (expect to feel some resistance).
3. After removing the tick, clean the bite area and tweezers with alcohol.
4. Wash your hands with soap and water.

How to safely throw away a tick:

1. Place a live tick in a sealed container or sealed plastic bag to prevent it from escaping.



2. Place the container or bag in the trash.

3. Do not flush ticks down the toilet because they can easily survive in the water.