

How to Remove A Tick:

Don't panic. Not all ticks are infected and reduce your risk of acquiring Lyme disease is greatly reduced if the tick is removed within the first 36 hours after attachment.

If using fine pointed tweezers, grasp the tick as close to the skin as possible. Gently pull the tick in a steady, upward motion.

With a tick remover hook, twist and lift. See Image Below.

Wash the area with a disinfectant?

Monitor the bite site for 30 days for expanding red rash and consult your physician if you feel unwell following a tick bite.

When trying to remove a tick:

DO NOT touch the tick with bare hands.

DO NOT squeeze the body of the tick as this may increase the risk of infection.

DO NOT put alcohol, nail polish remover, or Vaseline on tick. This may increase the risk of infection.

DO NOT put a hot match or cigarette on the tick in effort to make it back out. This may increase your risk of infection.

WHAT CAN I DO TO PREVENT TICK BORNE DISEASES?

Blacklegged ticks, also known as deer ticks, live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 14-24 inches off the ground. They also live in lawns and gardens, especially edges of the wood and around old stone walls. Deer ticks cannot jump or fly, and do not drop onto passing people or animals. They get on humans and animals only by direct contact. Once the tick gets on the skin, it generally climbs upward until it reaches a protected area.

In tick-infested areas, the best protection is to avoid contact with soil, leaf litter, and vegetation. However, if you garden, hike, camp, hunt, work, or otherwise spend time in the outdoors, you can still protect yourself and your pets.

Wear light colored clothing with a tight weave to spot ticks easily.

Regularly check for ticks on yourself when outside.

Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pants into socks or boots and shirt into pants.

Treat clothing and gear with products containing **0.5% Permethrin** can be used to treat boots, clothing, and camping gear and remain protected through several washings.

Use EPA registered insect repellents containing **DEET**, Picaridin, IR3535, Oil of Eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone.

Always follow product instructions. Do not use insect repellent on your babies younger than 2 months old. Do not use products containing OLE or PMD on children under 3 years old.

After You Come Indoors:

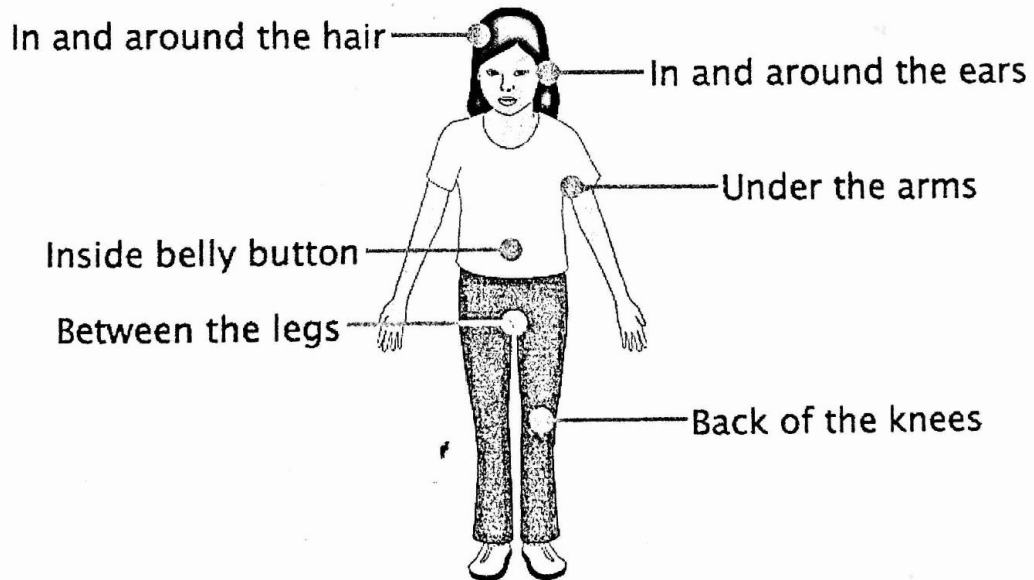
Check your clothing for ticks. Ticks may be carried into the house on clothing. Tumble dry clothes in the dryer on high heat for 10 minutes to kill ticks on dry clothing. If clothes are damp, additional time may be needed. If clothes require washing first, hot water is recommended.

Shower soon after being outdoors. Showering within 2 hours of coming indoors has shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and is a good opportunity to do a tick check.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body and your child's body for ticks.

Consult your veterinarian about treating your dog or cat with tick killing pesticides and using tick collars. There is a Lyme disease vaccine available for dogs. However, there are varying opinions on its effectiveness. Consult your veterinarian about vaccine.

For more information go to www.cdc.gov/ticks and <https://www.cdc.gov/lyme/resources/tickbornediseases.pdf>



<https://www.bing.com/images/search?view=detailV2&ccid=saBW%2fft.G&id=296F22FC> 6/22/2018

blacklegged tick
(*Ixodes scapularis*)

