

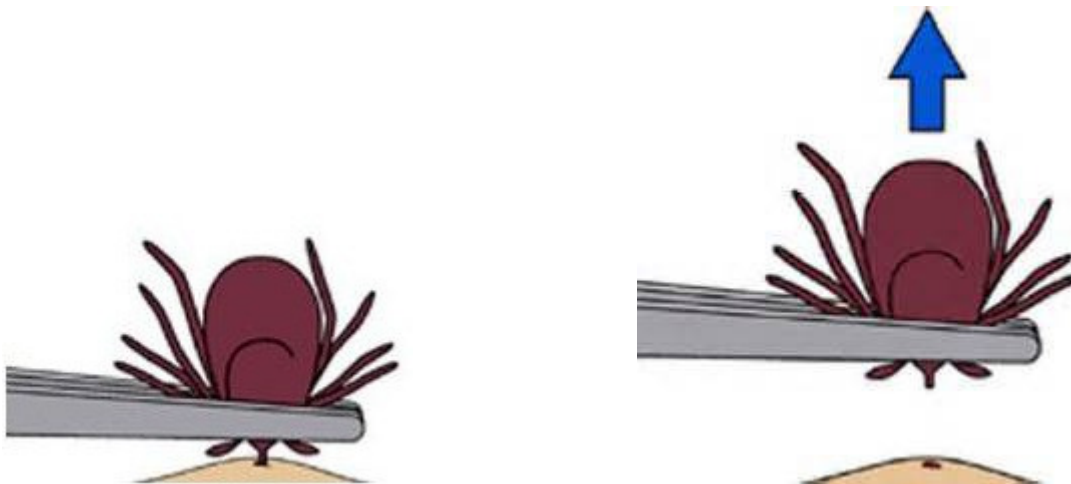
Removing a Tick

I found a tick on me, now what do I do?

The first thing to remember is don't panic. If you've been doing tick checks every day you have a good idea how long the tick has been attached. The tick needs to be removed. Prompt and proper removal will help reduce the risk of infection.

- Use fine pointed tweezers or forceps.
- Grasp the tick's mouthparts close to the skin and steadily pull upward and outward.
- Do not panic if the mouthpart breaks off. The mouthparts alone cannot transmit Lyme disease because the infective body of the tick is no longer attached. However, to prevent secondary infection, remove the mouthparts as you would a splinter. Do not squeeze the body of the tick. This may force infection into the site.
- Do not apply substances such as Vaseline, nail polish remover, repellents, soaps or heat to the tick while it is still attached. These materials might agitate the tick and cause it to regurgitate infective fluid into the site.
- After removal, wash your hands and apply antiseptic to the site.
- The area around the bite site may become immediately red. This is NOT the bull's eye rash, this is an allergic reaction to the bite, which is normal, and should go away in a couple of days.

Information and pictures provided by the Center for Disease Control and Prevention.



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