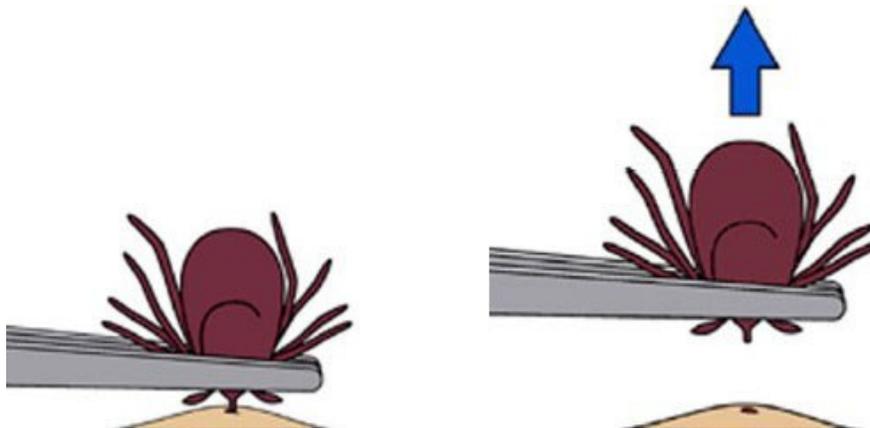


HOW TO REMOVE A TICK

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of the tick by submersing it in alcohol, placing it in a sealed bag, wrapping it tightly in tape, or flushing it down the toilet wrapped in toilet tissue. Never crush the tick with your fingers.



Follow-up

If you develop a rash or fever within several weeks of removing a tick, see a doctor. Be sure to tell them about your recent tick bite, when the bite occurred, and where you most likely got the tick.



Burlington County Health Department

Raphael Meadow Health Center
15 Pioneer Boulevard
P.O. Box 6000
Westampton, N.J. 08060
Phone: 609-265-5548 Fax: 609-265-3152



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