



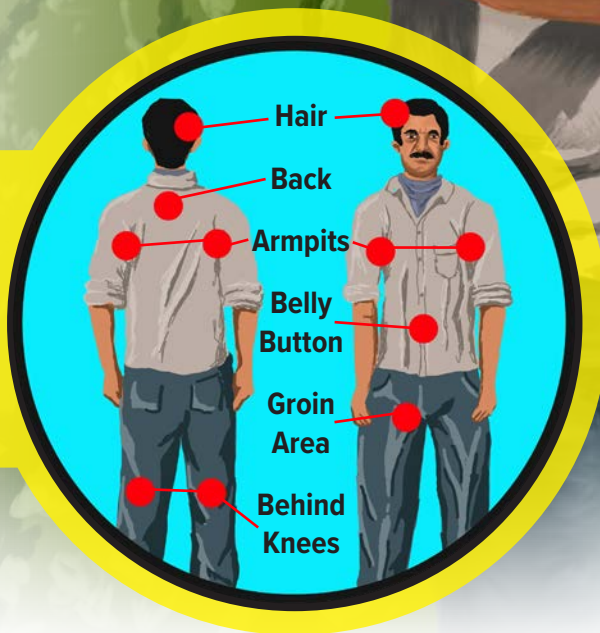
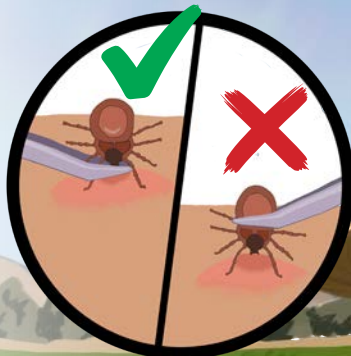
Remove Ticks Quickly!



Remove an attached tick right away, don't wait!
The longer a tick is attached, the greater your risk of getting sick.

How to Remove Attached Ticks:

1. Use fine-tipped tweezers to grab the tick as close to the person's skin as possible. Avoid squeezing the tick's body.
 2. Pull the tick away from the skin with a steady, even motion. Don't twist or jerk the tick.
 3. Removing a tick with tweezers is safest and recommended. But the top priority is removing the tick. **If you don't have tweezers, or another tick removal tool, use your fingers.**
 4. Don't remove a tick using heat, fire, petroleum jelly, gasoline, nail polish, dish soap, or essential oils.
 5. After you remove the tick, flush the tick down the toilet or crush it with a tool.
 6. Clean the bite area with soap and water.
7. Check your whole body for other ticks, especially dark and/or moist areas:
 - a. Hair
 - b. Back
 - c. Armpits
 - d. Belly button
 - e. Groin area
 - f. Behind your knees
8. After work, take a shower as soon as possible. Check again for ticks.
 9. To kill any ticks, put all the clothing you wore in a dryer. Run on high heat until they are fully dry—at least 10 minutes. If you don't have access to a dryer, leave the clothing outside until dry.
 10. Keep an eye on the bite. If a rash or flu-like symptoms develop, see a health care provider.



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health.ny.gov/ticks



**Department
of Health**