

TICK CHECKS, PREVENTION & REMOVAL



Prevent! Check! Remove!

Below are simple tips to help prevent a tick-borne illness.

Tick Checks

CLOTHING

Check clothing for ticks and remove any you find. Don't forget to check your shoes and remember they are harder to see on dark clothing. Dry clothes for 10-15 minutes on high heat. If you wash your clothes first, only hot water will kill a tick.

BELONGINGS

Ticks move around and will hide until they find a host to attach to. Check your gear and belongings that you took with you. This includes your car.

BODY

Work your way up from bottom to top. Use a mirror or get a buddy. Ticks like warm spots, so don't miss any of those. Feel for bumps. Look for tiny dark spots.

Count to Ten!

1. Toes
2. Back of knees
3. Legs
4. Groin
5. Around Waistline
6. Belly Button
7. Armpits
8. Back of Neck
9. In and Behind Ears
10. Head

SHOWER

Shower – This may help wash any ticks that are not attached.

PETS

Don't forget, your dogs or other outside pets will need a full tick check before they come inside. Make sure you have talked to the vet about what other tick prevention steps you should take, like wearing a tick collar.

Tick Prevention

PROTECT

Spray with tick repellent to clothes, skin and shoes as directed. Spray yard and clothes with insecticide as directed. Don't forget to protect pets too. Wear light colored clothing to see ticks easier. Cover up; tuck pants into socks.

AVOID

Areas where ticks live: long grass, bushy areas, leaves, tree stumps, woodpiles, stone walls, area between lawn and woods.

BODY

Do a full 10-point tick check: Toes, Back of knees, Legs, Groin, Around Waistline, Belly Button, Armpits, Back of Neck, In and Behind Ears, Head. Check pets and belongings too.

CLEAN

Shower to wash off any missed and unattached ticks. Place clothes in dryer for at least 15 minutes.

REMOVE

If you find a tick, remove quickly. With fine-tipped tweezers, grasp the tick as close to the skin's surface as possible. Squeeze and pull upward with even, steady pressure.

Tick Removal

- Do not squeeze or twist the tick.
 - Do not cover it with any substance i.e. essential oils, petroleum jelly, soap, alcohol, etc.
 - Do not burn with a match
1. With a fine-tipped tweezers, grasp the tick as close to the skin's surface as possible. Squeeze and pull upward with even, steady pressure.
 2. If the head remains in the skin, see if you can pull it out but you don't want to dig and rip the skin.
 3. After you remove the tick, clean the bite area with soap and water, or rubbing alcohol.
 4. Dispose of the tick by putting it in alcohol or flushing. Or send it to a tick testing site. Do not crush it.