

TICK CHECKS & REMOVAL



Daily tick checks help prevent tick-borne infections.
Removing ticks properly is essential.

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 Removal



You do not want the tick to expel its contents, including a tick-borne infection, into your bloodstream. Ticks embed deeply and securely with the help from long hypostomes (mouthparts) and Deer ticks secrete a substance that glues them into the skin so they can keep themselves attached for several days to feed off their host. You can't simply smother or flick a tick away.

- 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 or cigarette.

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. You should be able to grab the tick's head or directly above the head with a pointy tweezers.
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. You may need a doctor to take a tick mouth-part that is fully embedded. But it will not transmit tick-borne disease at this point as the germs are further back in the tick's body, specifically in the gut and salivary gland
3. After you remove the tick, clean the bite area and your hands with soap and water, or rubbing alcohol.
4. Dispose of the tick by putting it in alcohol or flushing it down the toilet. Do not crush it. Or send it to a tick testing site.