



St. Lawrence County Public Health Department

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HOW TO REMOVE TICKS SAFELY

1. PREPARE

Fine-pointed Tweezers

(currently, there are a lot of different tick removal devices on the market, but we find tweezers work best)

Rubbing Alcohol

(if you don't have any, soap and water works as well)

Plastic Ziplock Bag



2. REMOVE

1. Cleanse the area around the tick bite with rubbing alcohol.
2. Using the tweezers, grab as close as possible between your skin and the tick's head.
3. Pull up slow and firm. Avoid jerking or twisting and apply a nice, steady pressure straight up.

Don't worry if part of the head remains in the skin while removing the tick. You can continue to try to remove it, but there is no additional health risk and it will heal.



3. DISPOSE



Never crush a tick with your fingers! Once the tick has been removed, dispose of it by either:

1. Putting it in alcohol
2. Placing it in a sealed bag or container
3. Wrapping it tightly in tape
4. Flushing it down the toilet

4. AFTERCARE



1. Cleanse the bite area again with rubbing alcohol.
2. Wash your hands with soap and water.
3. Contact your health care provider. St. Lawrence County has a high rate of Lyme disease and you may require a preventative dose of an antibiotic.
4. Monitor the bite and your overall health for the next 30 days for:
 - **Bulls-eye rash**
 - **Chills**
 - **Fever**
 - **Headache**
 - **Muscle aches**
 - **Neck stiffness**



female



larva



nymph



male

Blacklegged (Deer) Tick



female



larva



nymph



male

American Dog (Wood) Tick



female



larva



nymph



male

Lone Star Tick