

# TICK BITE PREVENTION & CARE

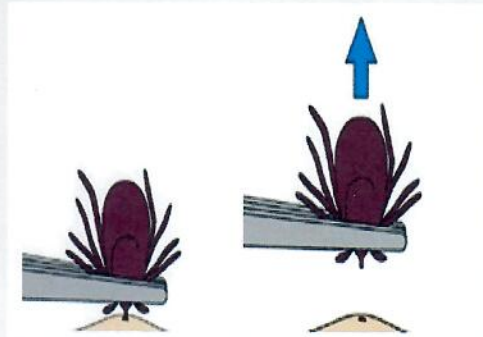
Not all ticks carry Lyme disease and the sooner a tick is removed the less chance there is of contracting an illness. Should you or your child find a tick on the skin, prompt removal is key and follow up with your primary care provider is encouraged.

If you or your primary have questions about your case, please call the Monroe County Public Health Department, Disease Control Unit (585) 753-5164.



Many Lyme diseases cases first present as a "bull's-eye" rash

1. Use tweezers to grasp the tick's head at the surface of the skin.
2. With a steady motion, pull the tick straight out.
3. After removing tick, disinfect the bite site, and wash hands with soap and water or alcohol.
4. Dispose of tick by flushing it, submerging it in alcohol, sealing in a bag or wrapping it tightly in tape.



For more information visit <http://www.cdc.gov/lyme/index.html>

## Do's and Don'ts of Tick Removal

### Do

- **Do** pull straight up with fine tweezers
- **Do** grasp tweezers very close to the skin and aim for the tick head
- **Do** inform your health care provider
- **Do** watch for symptoms and any rashes
  - See above picture for the hallmark bull's-eye rash seen with Lyme
- **Do** clean the area with soap and water

### Don't

- **Don't** panic! There is a low chance of infection if the tick is removed quickly
- **Don't** use kerosene, Vaseline, nail polish remover or matches
- **Don't** squeeze or pop the tick
- **Don't** save the tick; tick testing has proven to be ineffective and unnecessary



**Don't Get SICK!**

**S**pray insect repellent containing DEET after sun-screen application

**I**nspect skin after being outdoors in wooded or tall grassy areas

**C**lean yourself after being outdoors

**K**eeppants tucked in to socks if weather permits