

## Tick Bite



**1**

Put on a pair of rubber gloves or use some tissue to capture the tick. DO NOT touch the tick with your fingers.



**2**

To remove the tick, use tweezers to grasp the tick's head and mouth as close to the skin as possible.



**3**

Pull the tick out gently but firmly and steadily in one piece without twisting. If the tick's head breaks off from the body it could become embedded in the skin.



**4**

Dispose of the tick by flushing it down the toilet or placing it in a jar of alcohol.



**5**

Wash your hands thoroughly with soap and water.



**6**

Clean the wound with an antiseptic like rubbing alcohol.



**7**

Advise a doctor to ensure proper treatment and to make sure that the tick's whole body has been removed.



DO NOT use a match or lit cigarette on the tick because that may cause the tick to embed itself further.



Be aware of Lyme Disease as it can lead to heart irregularities, muscle weakness, or numbness in the face and limbs, arthritis, and meningitis.



Be aware of Rocky Mountain Spotted Fever from symptoms such as headache, high fever, loss of appetite, nausea and/or vomiting, swelling, and a rash.



Use an insect repellent with chemicals formulated to ward off ticks.



Shower and shampoo your hair after leaving a tick infested area.



Wash and dry your clothes to eliminate any unseen ticks.



Comb or brush your hair after hiking.