



How to Remove a Tick

1. Use a pair of pointed tweezers.
2. Grasp the tick by the head or mouth right where it enters the skin.
3. Pull firmly and steadily upward.
4. Place the tick in a small container of rubbing alcohol to kill it.
5. Clean the bite wound with rubbing alcohol or hydrogen peroxide.
6. Monitor the site of the bite for the next 30 days for the appearance of a rash.
7. If you develop a rash or flu-like symptoms, contact your health care provider immediately.