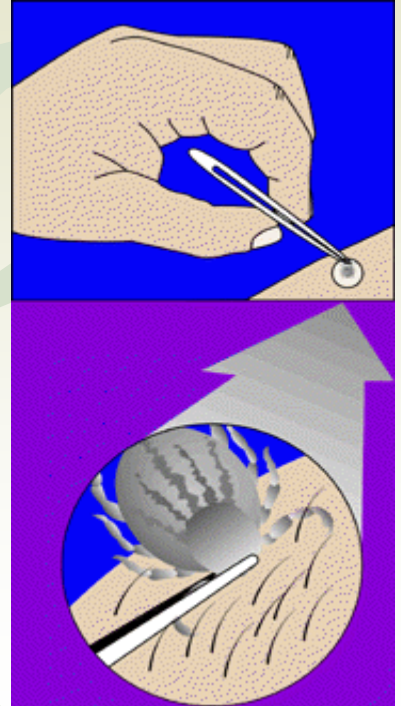


# HOW TO REMOVE A TICK

- Check for ticks attached to clothing or skin after every 2 to 3 hours of outdoor activity.
- The sooner the tick is removed, the lesser the risk of tick-borne infection. It is important to remove a tick as soon as it is discovered.
- Remove the tick using narrow pointed tweezers. Grasp the tick mouth parts as close to the skin as possible and pull the tick out with steady pressure. Do not yank the tick out. Do not crush the tick's body as it may contain infectious fluids.
- **Do not use** petroleum jelly, hot matches, nail polish remover, or any other substance to remove a tick. By using these substances, you may actually increase your chance of infection.
- Thoroughly wash the area of the bite with soap and water and put an antiseptic on it.
- Write on the calendar the date you removed the tick and the part of the body from which it was removed.
- Contact your physician for recommendations on testing and treatment.

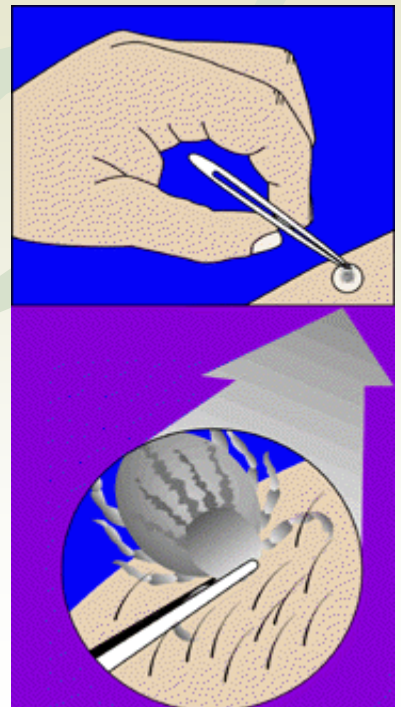


Burlington County Health Department

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