

# How to Remove a Tick

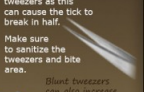


By DoMyOwn staff

Although it's tempting if you find a tick on you to try and immediately pull it off with your fingers, this is in fact the wrong thing to do. If you try to do this the tick's body is likely to separate from its head, leaving the mouthparts still embedded in your skin. This obviously is unpleasant and can facilitate the spread of tick borne diseases.

Removing ticks is simple, but must be done properly to avoid spreading any possible diseases. To safely remove ticks, take a pair of forceps and squeeze the tick by the head (not the body), and pull upward in a slow and steady motion.

## Tick Removal Steps

**HOW TO REMOVE A TICK**

STEP 1	STEP 2	STEP 3
<p>Get some needle-nose tweezers. DO NOT use flat or dull-tipped tweezers as this can cause the tick to break in half.</p> <p>Make sure to sanitize the tweezers and bite area.</p> <p>Blunt tweezers can also increase the risk of passing germs into the bite.</p>  <p>Grab directly on head if possible</p>	<p>Using the tweezers, grab the tick as close to the head as possible.</p>  <p>DO NOT twist tick out!</p>	<p>Slowly and carefully pull the tick out. Pull straight up to prevent breakage.</p> 

**TICK BITE FACTS**

As long as ticks are removed within 24 hours of attachment, pathogens will generally not be transmitted; however, the victim should also be tested for infections just to be sure.

**Tickborne Diseases in the U.S.** – Tularemia, Rocky Mountain Spotted Fever (RMSF), Lyme Disease, Southern Tick-Associated Rash Illness (STARI), Ehrlichiosis, Anaplasmosis, Babesiosis, Rickettsia Parkeri Rickettsiosis, Haemorrhagic Fever with Renal Syndrome (HFRS), Tickborne Relapsing Fever (TRRF).

**TICK MYTHS**

**MYTH:** A hot match, rubbing alcohol, fingernail polish or petroleum jelly will cause a tick to back out of a bite. **FACT:** The only way to remove a tick completely is to pull it out slowly with tweezers (as seen above).

**MYTH:** Ticks will jump from trees and high areas onto passing victims. **FACT:** It is rare to see a tick any higher than a couple feet and some ticks are even blind and would not be able to see where they were jumping to.

**MYTH:** The well known disease that people can get from a tick is called "Lyme's disease". **FACT:** The correct name is Lyme disease and it is named after the town Old Lyme, CT.

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The best method for removing a tick is to get a pair of tweezers and gently pull the tick starting from the head and lifting it straight out as seen in the images below.

