

## How to Remove a Tick

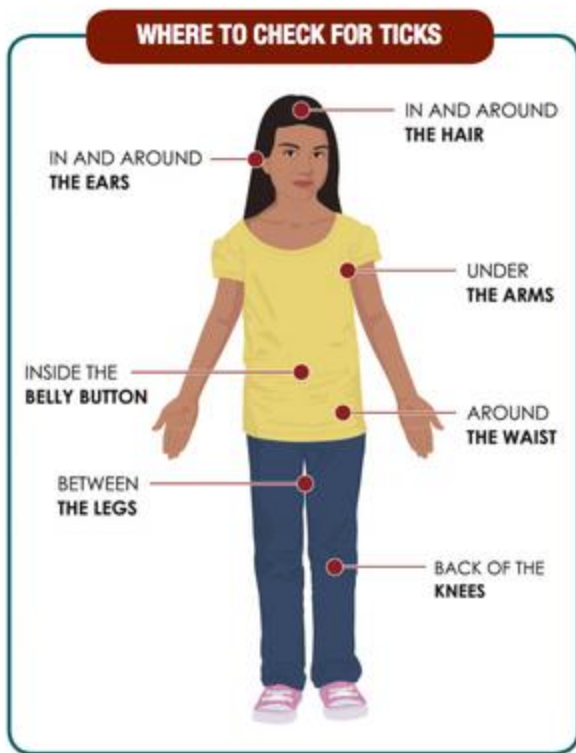
### **Finding, and removing, ticks quickly are the best way to avoid harmful effects.**

If you spend any time in the woods, or even the grass in your backyard, you should know how to properly remove a tick. If a tick is left in your skin for more than 36 hours, it puts you at risk for Lyme disease. According to the CDC, although there are many species, ticks can be found across most of America.

The most important step for avoiding any effects of a tick bite is to do a thorough tick check after spending time outdoors, even your backyard. Don't be content looking at your arms and ankles, ticks often attach in hard to reach places like the armpit or groin, including beneath your clothing. Showering after a day in the yard is often a great time to do this check. For hard to see places, like your back, use a mirror or ask a friend to look for you. If you do find a tick, remove it quickly.

While there are plenty of popular myths about the best way to remove a tick, we prefer that championed by the Center for Disease Control. The only tool you'll need is a fine-tipped tweezers.

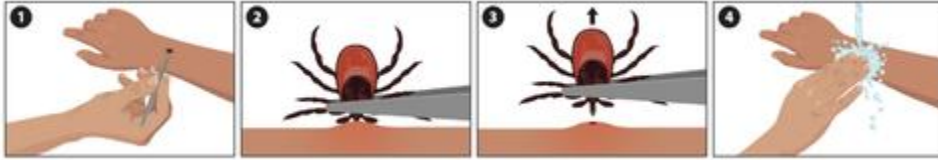
### **Where To Check for Ticks**



## How to Remove a Tick

**Step 1:** Grasp the tick as close to the skin as possible with your tweezers.

**Step 2:** Pull up and out with constant pressure until it pops out. Don't twist, yank to the side, or jerk on the tick as this can cause it to leave part of its mandible in your skin. If this happens pull those parts out with the tweezers as well. If you can't pull a part out, leave it alone and let yourself heal while watching for symptoms.



CDC

**Step 3:** Clean the area, and your hands, with soap and water or alcohol.

**Step 4:** Dispose of the tick by flushing it down the toilet, putting it in alcohol, or wrapping it in a piece of tape.

### Things to Avoid

Never squish a tick between your fingers after removal, tick-borne diseases can still be transmitted this way. Instead, drop the tick into rubbing alcohol before disposing.

Also be sure to not cover a tick with petroleum jelly or nail polish remover, or try to coax it out with heat. These methods rely on waiting for the tick to detach, instead it's best to remove the tick as quickly as possible.

### After Removing a Tick

The CDC recommends keeping an eye out for symptoms for 30 days. If you see rash, fever, fatigue, headache, muscle pain, or joint swelling and pain, get checked out by a doctor. They also say not to bother with commercial "tick testing" for germs or disease as the results are often inconclusive and come back after symptoms would appear anyway.

### Avoiding Ticks in the Future

If you live in a high tick area, or your backyard has grassy, bushy, or wooded areas, consider treating the area with Mosquito Barrier. Spray throughout the season. Also see *Tips on Spraying for Ticks*

Also consider staying covered with pants, high socks, and long sleeves. Even so, be sure to check under these garments when you get inside and do your tick check.

- For additional information, please see: Lyme Ontario <https://lymeontario.com/>

[www.ucorganicproducts.com](http://www.ucorganicproducts.com)

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