## **Prevent** Lyme Disease



- Wear repellent
- Check for ticks daily
- Shower soon after being outdoors
- Call your doctor if you get a fever or rash

www.cdc.gov/Lyme





## remove a tick

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
- Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.

## Notes:

- Remove the tick as soon as possible.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.