



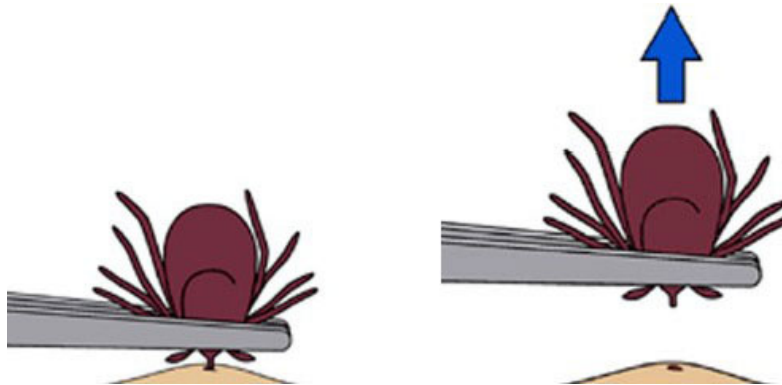
Loss Control Insight

How to Remove a Tick

I cannot remember a time when I have been asked so often about tick bites, it seems as if we are already heading for a very bad season this year. One of the questions that goes hand in hand is “how do I remove the tick from my skin”? According to the Center for Disease Control (CDC) if you find a tick attached to your skin, there’s no need to panic—the key is to remove the tick as soon as possible. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers work very well.

How to remove a tick:

1. Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible.
2. Pull upward with steady, even pressure. Don’t twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.



Follow-up

Many tick borne diseases can have similar signs and symptoms. The most common symptoms of tick-related illnesses are fever and chills, aches and pains, and a rash.

If you develop any of these symptoms when 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.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible—do not wait for it to detach.