

What to do when you find a tick

First of all, don't panic!

The fact you were able to find and recognise a tick is great.

Things to know before getting started:

Not all ticks are infected with disease-causing agents. If the tick is infected, the risk of acquiring a tick-borne disease increases with the time it has been attached.

If the tick is freely moving, it can easily be brushed off into a sealable container or bag.

If the tick has **attached** to your skin, **you will need to take steps to remove it as soon as possible.** This can be done using fine-tipped tweezers or a specialized tick-removal device (see below).



Here a tick has attached itself by inserting its mouthparts into the skin. The tick is not engorged, suggesting it has not fed. Redness can occur at the site of the bite, just as with an insect bite.

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The tick pierces the skin and embeds itself using barbed mouthparts. Australian paralysis tick (*Ixodes holocyclus*).

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How to safely remove a tick:

1. Find a pair of fine-tipped tweezers and a sealable container in which to store the tick.
2. Using the tweezers, grasp the tick as close to the skin as possible. The aim is to grab the head of the tick, and to avoid putting pressure on the body.
3. Slowly pull straight out, without twisting the tick, using firm but slow traction. Place the tick into a sealable container.
4. If some parts of the tick break off and remain in the skin – don't panic. Try to remove them with tweezers, but if this is not possible, leave the area to heal itself.
5. Wash your hands and the bite area with soap and water or an alcohol-based sanitizer.
6. **Don't forget to complete your tick check** in case there are more ticks.

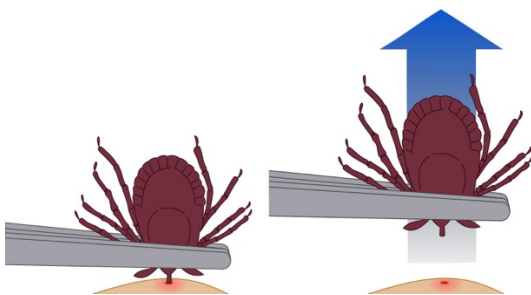


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DO NOT try to burn or smother the tick using products such as nail polish, nail polish remover, essential oils, or petroleum jelly.

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