

PROPER TICK REMOVAL*

DO NOT USE PETROLEUM JELLY OR OTHER CHEMICALS ON THE TICK!

1. Use tweezers to remove tick.
2. Grasp the tick as close to the skin as possible, using tweezers.
3. Remove the tick with a steady pull away from the skin. Do not yank or twist the tick which may break off its mouth parts. If you have broken off their mouth parts under your skin, consult your physician.
4. Take precaution not to crush or puncture the body of the tick. Do not get any fluids from the tick on you (if you do, wash with rubbing alcohol and then soap and water immediately.)
5. After removing the tick cleanse your skin with rubbing alcohol and then wash with soap and water immediately.
- 6.

IF YOU WISH TO HAVE THE TICK TESTED FOR LYME DISEASE, PLACE IT IN A ZIP LOCK BAG WITH A MOISTENED COTTON BALL. CONTACT THE OAKLAND HEALTH DEPARTMENT FOR A LIST OF LABORATORIES THAT DO TICK TESTING:

Phone:

201-337-9254

e-mail:

health@oakland-nj.org

Oakland Board of Health website:

www.oakland-nj.org