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Removing a Tick

- You will need blunt tweezers. (You may substitute a thread if you do not have tweezers).
- With the tweezers, gently grasp the tick at its point of entry into your skin and steadily pull upward.
- **Do not jerk** the body of the tick upwards as this may cause the head to detach, leaving its mouth under your skin.
- With a firm but gentle steady pull, you should be able to see your skin lift as you pull the tick upwards.
- You may have to hold this tension for a few minutes before the tick will relinquish its hold.
- **Do not squeeze** the body of the tick as you may puncture it and that may release harmful bacteria into your skin.
- If possible, dispose of the tick in a plastic bag and keep it on ice. This will be valuable identification for your doctor in the event that you become ill from the tick bite or develop an infection at the site of entry if the head of the tick was not entirely removed.
- Wash your hands with soap and water and sterilize the affected area with alcohol.