

# Prevent Lyme Disease

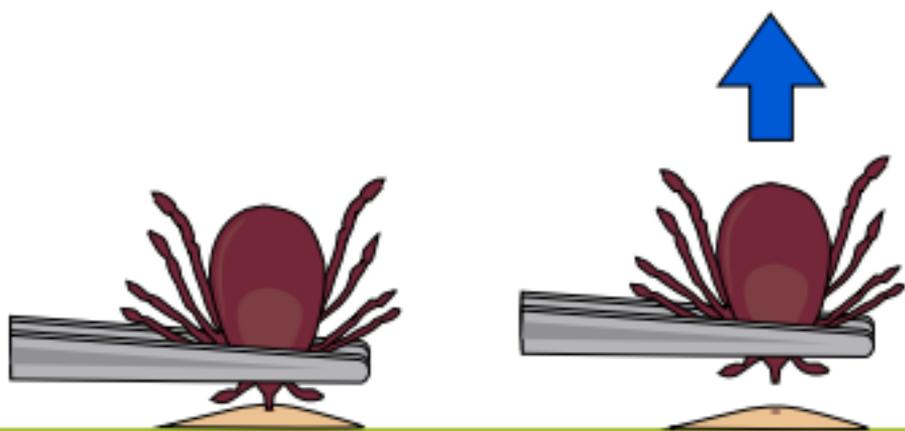


- Wear repellent
- Check for ticks daily
- Shower soon after being outdoors
- Call your doctor if you get a fever or rash

[www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)



 VERMONT  
DEPARTMENT OF HEALTH



# 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 to remove the tick. Avoid twisting or jerking.
3. 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.