







Get some ice cream.

Go for a bike ride.

Check for ticks.

Your to-do list isn't complete without a tick check.

Ticks can spread diseases that could ruin your summer vacation. Check your entire body after being outdoors.

For more information visit www.cdc.gov/ticks







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 occured, and where you most likely acquired the tick.