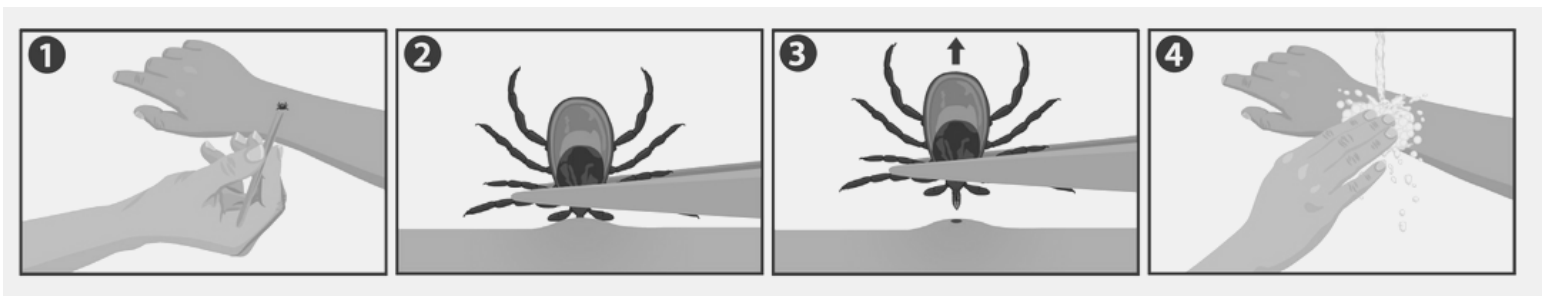


Tick Removal and Testing

If you do get bit by a tick, remove the tick:

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible and pull upward with steady, even force.
2. If the tick breaks in half, try to remove its mouth from the skin. If you can't, leave it alone and let the skin heal.
3. Thoroughly clean the bite area and your hands.
4. Check the bite area for several weeks; if you develop a rash there (or have a fever at any point in that time-frame), see a doctor about getting tested for Lyme and other tick-borne diseases.



How to get a tick tested:

If you remove a deer tick from your skin, save the tick in a small, plastic bag. Log on to www.tickreport.com and follow the instructions for mailing the tick.

Many residents only pay \$15.00 of the \$50.00 cost of getting a tick tested.

Local Boards of Health, in conjunction with the Cooperative Public Health Services of the FRCOG, have negotiated a reduced cost to most member towns. Identify ticks with the help of www.tickencounter.org.

More info: mass.gov/mosquitoes-and-ticks