

How to Safely Remove an Attached Tick



Use fine-tipped **tweezers** to grasp the tick as close to the skin's surface as possible and pull upward with steady, even force.



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.



Thoroughly **clean the bite area** and your hands.



Check the bite area for several weeks. If you develop a rash there (or have a fever at any point in that timeframe), **see a doctor** about getting tested for Lyme and other tick-borne diseases.

How to Get a Tick Tested

If you remove a tick, save it in a small, plastic bag. Follow the instructions at www.tickreport.com. **Many residents only pay \$15 or \$25 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.)

How to Identify a Tick



Use this QR code to upload a photo. Within 24 hours, an expert will identify the tick, tell you its risk level, and provide future prevention tips! **This free service** is run by TickEncounter, at the University of Rhode Island. Visit web.uri.edu/tickencounter for more details.