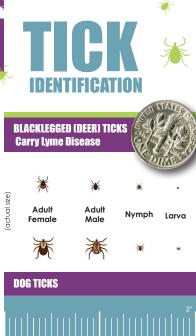
## REMOVE TICKS IMMEDIATELY

- Using tweezers, grasp the tick close to the skin
- Pull upward with steady, even pressure
- Twisting or yanking the tick can cause tick parts to remain in your skin
- After removing the tick, thoroughly clean bite area
- Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/ container, wrapping it tightly in tape, or flushing it down the toilet
- Call your Doctor, if you have been bitten by a tick



## PREVENT

- wear protective clothing with pants tucked into socks
- treat clothing and shoes with Permethrin



- spray exposed skin with DEET of 20% or greater
- never use more than 30% DEET on children
- stay to the center of paths when hiking
  - always check yourself and your pets for ticks after being in tall grass or the woods

a shower is the best way to check for ticks







REPEL • CHECK • REMOVE

## health.ri.gov/ticks

health.ri.gov/ticks

Your Guide to Living Tick Free in RI