LYME DISEASE ALERT

Do a thorough body check for ticks after being outdoors.

How To Remove A Tick

- Using tweezers, grasp tick near the mouth parts, as close to skin as possible.
- Pull tick in a steady, upward motion away from skin.
- DO NOT use kerosene, matches, or petroleum jelly to remove tick.
- Disinfect site with soap and water, rubbing alcohol or hydrogen peroxide.
- Record date and location of tick bite. If rash or flu-like symptoms appear contact your health care provider immediately.

DISEASE RISK IS REDUCED IF TICK IS REMOVED WITHIN 36 HOURS.

New York State Department of Health