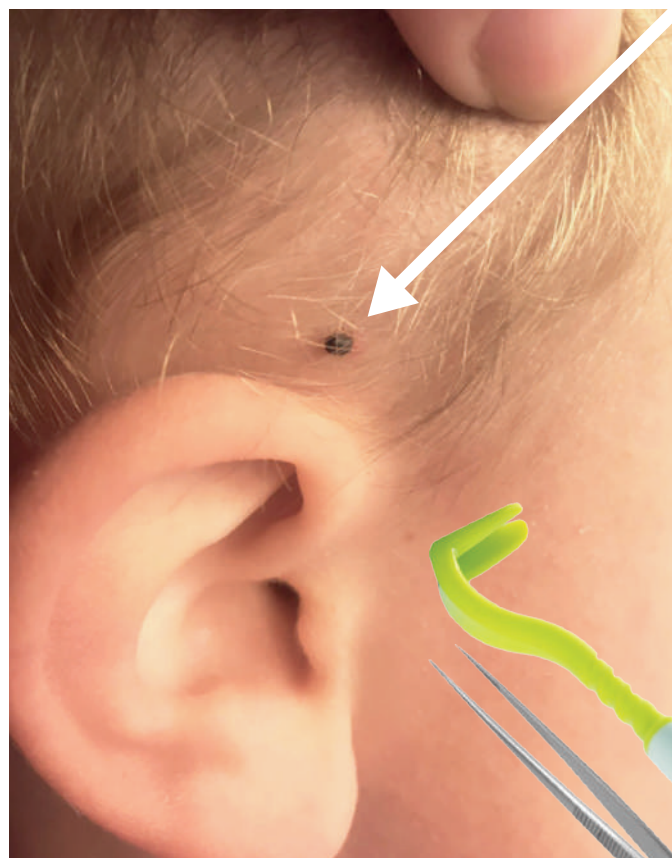


How to remove a tick

Ticks can be as small as a poppy seed. Check yourself, your children, and your pets after possible exposure.



REMOVE TICKS USING A TICK REMOVAL TOOL OR FINE-TIPPED TWEEZERS.

USING A TICK REMOVER TOOL

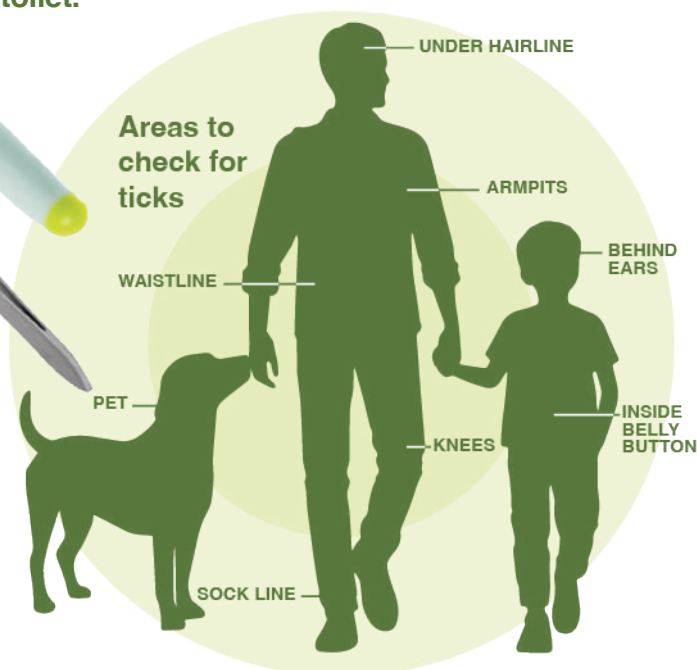
Approach the tick from the side to help cradle the tick securely with the tool. Twist the tool slowly in one direction only. The tick should detach after 2-3 rotations.

USING FINE-TIPPED TWEEZERS

Grasp the tick close to the skin. Pull upwards with even pressure. Do not twist the tick as parts could break off and spread infection. Remove any broken parts with sterilised tweezer points. Do not squeeze the body of the tick or touch with bare hands.

AFTER TICK REMOVAL

Disinfect the bite site with antiseptic and wash your hands. Crush the tick between tissue and flush it down the toilet.



The Royal College of General Practitioners has produced a Lyme disease toolkit for clinicians. Patients may also find this helpful. The RCGP/LDA e-learning module on Lyme disease is available online for health professionals and is free to all members of the RCGP. Find out more at www.lymediseaseuk.com/rcgp



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