

# LYME DISEASE ALERT

DO A THOROUGH BODY CHECK FOR TICKS AFTER BEING OUTDOORS.



Deer tick size (left to right)  
larva, nymph, adult

## 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