

IF YOU FIND A TICK



www.tickawarenesscanada.com

For tick related support reach out to us on our website!

HERES WHAT TO DO IF YOU FIND A TICK ON YOU!

Do NOT panic and don't rip it out!

**If you rip it out you could leave some of the tick inside,
leading to further problems and risks.**

IF NOT BITTEN:

Use fine-tipped tweezers or some type of removal tool to remove the tick from skin or clothing. Place the tick in a sealed container and submerge it in alcohol or place it in the freezer. Once dead, you can safely dispose of it in the trash.

IF BITTEN:

Seek adult assistance if needed and immediately remove the tick.

Use pointy tweezers or a tick removal tool to remove the tick carefully.

Grab the Tick by its head and pull straight up. Do not twist or yank.

Place the live tick in a sealed container with a moist cotton ball.

Record information such as date, time, location and where it bit you.

Draw or mark the bite area and monitor for any symptoms.



NOTE!

Most tick bites are harmless and will not lead to serious medical treatment!

But it is still very important to be cautious when you are bit, and to follow the steps above!