



Tick removal instructions

Using fine pointed tweezers, grasp the tick as close to the skin as possible and pull straight up with a steady motion. It may take several minutes for the tick to release. Avoid twisting or squeezing the tick with your fingers as this may inject the contents of the tick's gut into your bloodstream. After removal:

- ✦ ID the tick if possible.
- ✦ Clean & disinfect the area.
- ✦ Mark the date on a calendar.
- ✦ Prepare the tick for submission.
- ✦ Contact a physician immediately if symptoms* develop.

* A list of tick-borne symptoms is available at www.mainelyticks.com



Tick Alert!

Ticks that cause Lyme disease and other tick-borne illness may be in this area.

For your protection:

- ✦ As much as possible, avoid tick habitat including tall grass, wooded edges, dense vegetation and leaf litter.
- ✦ Walk on the center of the trails.
- ✦ Wear light colored clothing.
- ✦ Utilize appropriate repellents.
- ✦ Perform a thorough tick check daily, and immediately after outdoor activities.
- ✦ Promptly remove attached ticks.

Education & awareness are key in avoiding tick-borne illnesses.

Franchises Available

