

## If You Find A Tick Attached To You

- Remove it as soon as possible
- Ask an ADULT to use tweezers
- Grab the tick as close to the head as possible
- Gently pull straight up until the tick lets go
- Do not twist, jerk, or squeeze the tick's body
- Do not use nail polish, petroleum jelly, alcohol, or heat
- Place the tick in a Ziploc bag to have it identified and consider saving it for future testing

