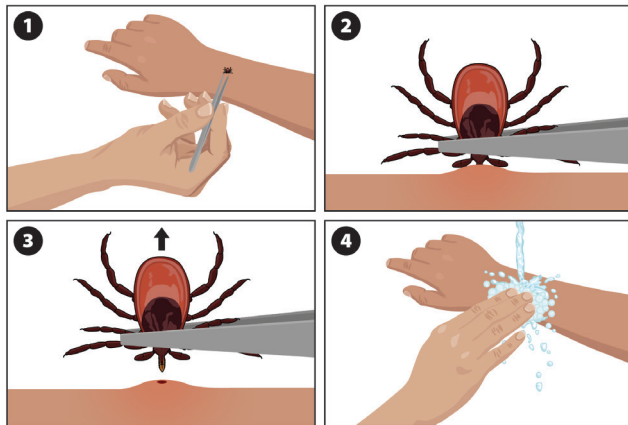


Remove a Tick

1. Use fine-tipped tweezers. Protect your hands with a tissue or gloves.
2. Grasp the tick as close to the skin as possible.
3. Pull straight up with steady, even pressure. Do not twist or jerk.
4. Clean the bite area with soap and water or rubbing alcohol.
5. Wash your hands with soap and water or use an alcohol-based hand rub.

Do not use petroleum jelly, a hot match, nail polish, or other products to remove a tick.



How to remove a tick using tweezers

Sources & Credits

Content and graphics adapted from the Centers for Disease Control and Prevention (CDC).

CDC Tick Resources: cdc.gov/ticks

Resources



For Health Care Providers

- [CDC Tickborne Diseases Reference Manual](#)
- [Tick Management Handbook](#)
- [Tickborne Disease Occupational Toolkit](#)

For Camps and Other Organizations

- [Tick Bite Notification Form for Summer Camps](#)

For more information, visit health.maryland.gov/tick or call 877-463-3464.



Prevention and Health Promotion Administration

Infectious Disease Epidemiology and
Outbreak Response Bureau

Center for Zoonotic and Vector-borne Diseases

201 West Preston Street, Baltimore, MD 21201

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Maryland Get “Ticked” Off!

Keep Ticks Off
Know the Signs
Remove Ticks Safely



health.maryland.gov



Keep Ticks Off

Enjoy the outdoors—protect yourself from tick bites.

Avoid Tick Habitat

Ticks are commonly found in:

Tall grass • Brush • Shrubs • Leaf litter • Woods • Marshy areas

Stay in the center of trails whenever possible.

Protect Yourself

- Wear long sleeves and long pants.
- Wear light-colored clothing to help spot ticks.
- Tuck your shirt into your pants and your pants into your socks.
- Use an **EPA-registered insect repellent containing DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.** Always follow the product label.
- Treat clothing with **permethrin. Do not apply permethrin directly to skin.**
- Check yourself, your children, and your pets for ticks after spending time outdoors.
- Talk to your veterinarian about tick prevention for your pets.

Note: Do not use insect repellents on children younger than 2 months.

Know The Ticks

The ticks that most commonly bite people in Maryland are:

Blacklegged tick • Lone star tick • American dog tick

Some ticks are extremely small. A tick that can transmit Lyme disease may be **smaller than a sesame seed.**

Not every tick bite transmits disease.



Engorged female *Ixodes scapularis* tick. Color may vary.



Lyme Disease

Lyme disease is the most common tickborne disease in Maryland. It is spread by the bite of an infected blacklegged tick.

In most cases, the tick must be attached for 36–48 hours for transmission to occur.

Know The Signs

3–30 days after a tick bite:

- An expanding rash may appear at the bite site.
- The rash may grow over several days and can reach up to **12 inches across.**
- The rash may look like a **bull's-eye**, but it does not always have this appearance.

Untreated Lyme Disease May Cause:

- Facial weakness
- Severe headache or neck stiffness
- Memory problems
- Nerve pain
- Heart palpitations
- Dizziness
- Joint pain

Contact your health care provider if you develop symptoms after a tick bite or time in a potentially tick-infested area.