How to remove an attached tick

If you find a tick embedded on your body: with a slow and steady motion, gently pull it straight up and out with fine-tipped tweezers by placing them as close to the skin as possible. Try to grab the tick’s head or just above it. If the tick breaks, don’t be alarmed because disease transmission is less likely without the tick’s whole body. Disinfect the bite area with rubbing alcohol or soap and water. If you develop a rash, aches, fever or flu-like symptoms, see a physician right away. If at all possible, save the tick in a pill bottle to show to your doctor for identification. For more info visit www.eastendtickresource.org or call 631-726-TICK

Every year, thousands of these Tick ID Cards are distributed throughout the South and North Forks. All produced with generous support from: