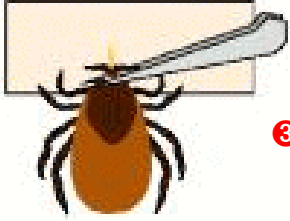


TICK REMOVAL

- 1 Use tweezers or blunt curved forceps to remove a tick. If fingers are used, shield them with a rubber glove, plastic wrap or paper towel.



- 2 Grasp the tick as close to the skin as possible and pull upward with steady even pressure. Do not twist or jerk the tick as this may cause the mouthparts to break off and remain in the skin along with the neck collar.

- 3 Take care not to squeeze, crush or puncture the body of the tick as its fluids (saliva, blood, gut contents) may contain infectious agents.

- 4 Do not handle the tick with bare hands, as infectious agents may enter through breaks in the skin. This precaution is particularly directed to individuals who remove ticks from domestic animals using unprotected fingers. Children should not be permitted to do this procedure.

- 5 After removing the tick, thoroughly disinfect the bite site and wash hands with soap and water for at least 30 seconds (even if you wear gloves).

Do not use petroleum jelly, fingernail polish, isopropyl (rubbing) alcohol or a hot match to make a tick “back out”. These methods do not work, and allow the tick to remain imbedded until it is forcibly removed by the above method.

IF YOU USE AN INSECT REPELLENT WITH DEET



- ✓ Use all repellents sparingly (1-2 times per day). Avoid prolonged and excessive use of DEET. Frequent application and saturation of the skin does NOT increase effectiveness. Repeated applications that heavily cover the skin increase the likelihood of adverse reactions. Use only enough repellent to cover exposed skin and/or clothing. Do not treat skin that will be under clothing.
- ✓ Avoid applying higher concentration products to children's skin. To increase protection without using more chemicals, wear long sleeves and long pants when possible and apply repellent only to clothing and footwear.

- ✓ Avoid using DEET on damaged skin. Persons with sunburns, cuts, psoriasis or eczema should avoid using products containing DEET on affected skin. DEET is readily absorbed through the skin.
- ✓ Do not apply repellents to portions of children's hands that are likely to have contact with their eyes or mouth. Keep repellents out of eyes and mouth.
- ✓ After coming indoors thoroughly wash treated skin.
- ✓ If you suspect that you or your child are reacting to an insect repellent, wash treated skin and then call your doctor. When you go to the doctor's office, take the repellent with you.
- ✓ For more information about the active ingredients in repellents and other pesticides call the National Pesticides Telecommunications Network's 24 hour hotline at 800-858-7378 or visit their website at www.npic.orst.edu.