Tick Education

Ticks are out in Berkshire County! Spring and summer are prime time for ticks that can spread Lyme disease and other tick-borne infections. The Pittsfield Health Department and Pittsfield Public Schools would like to remind you and your family to wear bug repellent when outdoors (with at least 20% DEET), shower as soon as possible after coming indoors, and check your whole body, your kids, and your pets for ticks—every day. If you’ve been bitten by a tick or have recently been in a tick habitat and develop fever, rash, or fatigue, seek medical care. To learn more, visit [www.cdc.gov/ticks](http://www.cdc.gov/ticks).

How to Remove a Tick

If you find a tick attached to you, or your child’s skin, there is no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

1. Use fine tipped tweezers to grasp the tick as close to the skin’s surface as possible.
2. Pull upward with steady, even pressure. Don’t twist or jerk the tick; this can cause the mouth parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal, or, you can also consult with your medical provider.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers. Avoid folklore remedies such as painting the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible—not waiting for it to detach. The less time it is attached, the lower the chances it will transmit disease.

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**Source: Centers for Disease Control and Prevention (CDC)**