

How to Remove a Tick

Perform daily tick checks

Check your body for ticks after being outdoors, even in your own yard. Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find (see the “Safely remove ticks” section below for instructions on removing ticks). Check these parts of your body and your child’s body for ticks:

- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around the hair
- Between the legs
- Around the waist

Check your children for ticks, especially in the hair, when returning from potentially tick-infested areas. See the list above for the places on your child’s body to check for ticks. Remove any tick you find on your child’s body.

Check your clothing and pets for ticks. Ticks may be carried into the house on clothing and pets. Both should be examined carefully, and any ticks that are found should be removed. Placing clothes into a dryer on high heat effectively kills ticks. See the [“Prevent ticks on animals”](#) section of this page for more information.

Safely remove ticks

Early tick removal may reduce the risk of infection of some tick-borne diseases. Follow the steps below to safely remove ticks from animals and humans:

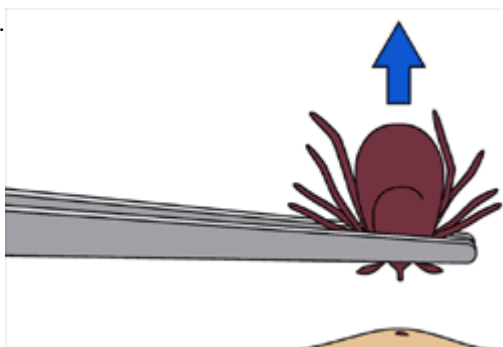
1. Use fine-tipped tweezers and protect bare hands with a tissue or gloves to avoid contact with tick fluids.

2.



Grab the tick close to the skin. Do not twist or jerk the tick, as this may cause the mouthparts to break off and remain in the skin.

3.



Gently pull straight up until all parts of the tick are removed.

4. After removing the tick, wash your hands with soap and water (or waterless alcohol-based hand rubs when soap is not available). Clean the tick bite with an antiseptic such as iodine scrub, rubbing alcohol, or water containing detergents.

Watch for signs of illness such as rash or fever, and see a health care provider if these develop. For fully detailed information about tick removal, see the [Rocky Mountain spotted fever Web site](#).