

Simply print this on an A4 sheet, cut along the dashed line and fold in half. Now you and your family/friends have your very own tick removal card! It is an ideal size to keep in your wallet so you will always have it to hand.



**TICK REMOVAL**

**TICK TALK**

- ▶ Do **NOT** put any Vaseline/other on the tick.
- ▶ Do **NOT** burn, grasp, squeeze or twist body of the tick.
- ▶ Grasp head, close to skin with a fine-tipped tweezers.
- ▶ Smoothly and firmly pull tick straight up (see diagram).
- ▶ Use antiseptic on skin and tweezers to disinfect.
- ▶ Wash hands thoroughly with soap & water.
- ▶ Save tick in a sealed container with a moist cotton ball for testing if desired.
- ▶ Visit your GP for possible diagnosis, testing & treatment.

**Tweezers**

Grasp the head

Pull straight up

Proper removal greatly reduces risk of infection. Keep this info on hand in case a tick bite occurs. Please visit [www.ticktalkireland.org](http://www.ticktalkireland.org) for more information.

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