

If you are bitten by a black legged tick

To safely remove ticks

1. Use fine-tipped tweezers or tick remover and firmly grasp the tick close to the skin. Avoid touching the tick with your bare hands.
2. With a steady motion, pull straight up until all parts of the tick are removed.
3. Do not twist or jerk the tick.
4. Dispose of a live tick by putting 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.

DO NOT use petroleum jelly, a hot match, nail polish, or other products to remove a tick.

These methods are not effective.

After removing the tick

1. Thoroughly wash your hands and the bite area. Wash your hands with soap and water or use an alcohol-based hand sanitizer if soap and water are not available.
2. Clean the tick bite with soap and water or use an antiseptic such as iodine scrub or rubbing alcohol.
3. Watch for symptoms of Lyme disease

“Symptoms of disseminated Lyme disease can occur days to months after the initial infection”

–Vermont Department of Health

Symptoms of Lyme Disease

According to the Vermont Department of Health, Lyme disease may spread to various parts of the body. This is called "disseminated Lyme disease."



Symptoms associated with disseminated Lyme

- Numbness and pain in the arms or legs
- Paralysis of facial muscles
- Digestion problems/Stomach aches
- Fever
- Stiff neck
- Severe headaches
- Abnormal heart beat
- Joint pain and swelling
- Problems with concentration and short-term memory
- Chronic nervous system problems
- Shooting pains
- Numbness or tingling in the hands and feet
- Meningitis

Symptoms of Lyme disease

Symptoms may include one or more of the following

- Fatigue
- Chills and fever
- Problems with memory/concentration
- Muscle and joint pain (often migrating – appearing in different places in the body)
- Headache
- Swollen lymph nodes
- Tiredness
- EM rash or atypical rash
- Swollen Joints