



Most tick bites are harmless and don't require medical treatment.

To be safe, though, you'll want to remove the tick as soon as possible because risk of infection increases between 24 to 48 hours after the tick attaches to the skin. If the bite is somewhere on your body you can get to then you can remove the tick yourself. If it is in an area that you cannot see, see if a friend or family member can help by following the instructions below.

What to Do

Step 1: Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

Step 2: Pull firmly and steadily until the tick lets go of the skin. Do not twist the tick or rock it from side to side. If part of the tick stays in the skin, don't worry. It will eventually come out on its own.

Step 3: Release the tick into a jar or zip-locked bag in case you want to have it identified later on.

Step 4: Wash your hands and the site of the bite with soap and water.

Step 5: Swab the bite site with alcohol.

Never use petroleum jelly or a hot match to kill and remove a tick. These methods don't get the tick off the skin, and can cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

Only seek medical advice if:

- A rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, fatigue, stiff neck or back, or muscle or joint aches develop.