



## Tick bites

### Removal

- Apply a moderate amount of liquid soap to a wet cotton ball
- Press firmly on tick
- Rub in a **counter clockwise** motion
- Tick should then release.
- Repeat procedure if needed.

### Call Office if

- The tick has been on the skin for more than 24 hours
- Part of the tick remains in the skin after attempted removal.
- A bull's-eye rash (3-5 weeks after bite).
- Flu-like symptoms such as fever, headache, fatigue, vomiting, and muscle and joint aches (3-5 weeks after bite).

### Prevention

- After outside play, check skin and hair-especially the scalp, behind the ears, the neck and under the arms.
- When playing in wooded areas, children should wear long-sleeved shirts and pants and tuck pant legs into the socks.
- Use an insect repellent with 10% DEET.