

# Tick Removal

## If a tick bites you:

- Don't squeeze, twist or squash it. Don't burn it with a match or cover it with Vaseline.
- Use fine-point tweezers or a special tick-removing tool. Grasp the tick as close to the skin as possible. If you don't have tweezers, protect your fingers with a tissue.



- Pull the tick straight out with steady, even pressure. [Click here](#) to view a tick's mouth and why it is so important to pull out the tick correctly.
- Disinfect the bite area and wash your hands.
- Save the tick for testing (alive if possible) in a small bottle or plastic bag with a green leaf or damp piece of tissue.
- Label it with your name, date, site of bite and how long tick was attached.

## [Free tick testing](#)

Whether or not you find a tick, stay alert for symptoms of tick-borne illness. A bull's-eye rash indicates Lyme disease, though not everybody with Lyme gets one. You might have a different rash or none at all. You may develop flu-like symptoms—fever, headache, nausea—or joint pain or dizziness. Consult a physician as needed.