

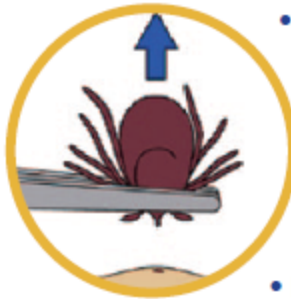
What should I do if I get a tick bite?

All ticks should be removed. You can remove a tick yourself or have someone do it for you if the tick is not buried deep into your skin. For safe removal follow the below instructions:

- Try to wear disposable gloves when handling an engorged (blood filled) tick.
- Use tweezers or forceps to grab the tick as close to the head (near the skin) as possible.



Don't use your fingers to remove a tick.



- Without squeezing the tick, gently lift it straight off the skin. Avoid jerking it out. Try to make sure that all of the tick is removed.
- Once the tick has been removed, clean the bite area with soap and water then apply an antiseptic cream. Wash hands with soap and water or use alcohol-based hand rub.
- If possible, save the tick in a container with a tight fitting top. If the tick is alive, dampen a small cotton ball and put it into the tick container to keep the tick alive.
- Label the container with date shipped, the name and address of person bitten or what type of animal the tick was from, what part of the body was bitten, and what part of the province the tick probably came from. Also include the name and address of your family physician.
- For laboratory testing, the tick should be sent through a health professional. The tick container should be sent to:
 - Parasitology Section, Laboratory Services
 - BC Centre for Disease Control
 - 655 West 12th Ave, Vancouver, B.C. V5Z 4R4
- Ask your health care professional for further advice.
- **If the tick has buried itself into your skin you should consult a health care professional as soon as possible.**

Image courtesy of CDC



BC Centre for Disease Control

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