

REMOVE TICKS IMMEDIATELY

-  Using tweezers, grasp the tick close to the skin
-  Pull upward with steady, even pressure
-  Twisting or yanking the tick can cause tick parts to remain in your skin
-  After removing the tick, thoroughly clean bite area
-  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
-  Call your Doctor, if you have been bitten by a tick

TICK IDENTIFICATION

BLACKLEGGED TICKS Carry Lyme Disease



(actual size)



Adult Female



Adult Male



Nymph



Larva



DOG TICKS

2"

PREVENT

-  wear protective clothing with pants tucked into socks
-  treat clothing and shoes with Permethrin
-  spray exposed skin with DEET of 20% or greater
-  never use more than 30% DEET on children
-  stay to the center of paths when hiking
-  always check yourself and your pets for ticks after being in tall grass or the woods
-  a shower is the best way to check for ticks



NH DIVISION OF
Public Health Services

Improving health, preventing disease, reducing costs for all
Department of Health and Human Services

603.271.4496



PREVENT • INSPECT • REMOVE

Your Guide to Living Tick Free in NH

tickfreenh.org