

# Triple ✓ Check

for **TICKS**



**Ticks Can Carry  
Disease**

[health.mo.gov/ticks](http://health.mo.gov/ticks)



Missouri Department of Health  
and Senior Services

#444



# how to remove a tick

- ✓ Remove the tick as soon as possible.
- ✓ Use fine-tipped tweezers to grasp the tick close to the skin's surface.
- ✓ Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking the tick's body.
- ✓ Clean the bite area and your hands with rubbing alcohol, iodine scrub or soap and water.

## did you know?

- Apply insect repellent with at least 20% DEET to your skin.
- Check for ticks frequently.
- Shower soon after being outdoors.
- Call your doctor if you get a fever or rash.

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