

Question: I am hearing a lot about tick right now. What do I need to know to stay safe?

Answer: Most tick bites are painless and cause only minor signs and symptoms, such as redness, swelling or a sore on the skin. But some ticks transmit bacteria that cause illnesses, including Lyme disease and Rocky Mountain spotted fever.

Prevention

- Avoid areas where ticks live
- Use tick repellents
- Cover up to keep ticks off your body.
- Don't let ticks hitchhike inside on your clothing.
- Check your whole body for ticks and shower as soon as possible when you come inside

First Aid:

- Remove the tick promptly and carefully. Use fine-tipped forceps or tweezers to grasp the tick as close to your skin as possible. Gently pull out the tick using a slow and steady upward motion. Avoid twisting or squeezing the tick. Don't handle the tick with bare hands. Experts don't recommend using petroleum jelly, fingernail polish or a hot match to remove a tick.
- If possible, seal the tick in a container. Put the container in a freezer. Your doctor may want to see the tick if you develop new symptoms.
- Wash your hands and the bite site. Use warm water and soap, rubbing alcohol, or an iodine scrub.
- Seek emergency care if you develop a severe headache, difficulty breathing, paralysis, heart palpitations. Contact your doctor if you can't completely remove the tick, the rash gets bigger, you develop flu-like symptoms, the bite site appears infected, or you think you were bitten by a deer tick.

Check out these resources for more details and videos:

[Tickborne Diseases in Ohio | Ohio Department of Health](#)

[Ticks in Ohio | Ohio Department of Natural Resources \(ohiodnr.gov\)](#)

[Ticks | Ticks | CDC](#)

