

**TICKS CAN MAKE YOU SICK**  
**BY: Melissa Jeremiah, RN, CHCE**  
**Director of Operations Hoosier Uplands Home Health and Hospice**

**This year I have heard of more and more people finding ticks on their bodies.**

**How do I remove a tick?**

**Your goal is to remove the tick as quickly as possible. Grasp the tick with fine tipped tweezers, as close to the skin's surface as possible. Pull upward with steady, even pressure. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water. Dispose of the tick by submersing it in alcohol, placing it in a sealed container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.**

**Because the symptoms can vary so much from person to person, I feel safer just saying, if you develop a rash or fever within several weeks of removing a tick, see your health care practitioner. Be sure and tell them about your recent tick bite, when the bite occurred and where you most likely acquired the tick. Prompt treatment with antibiotic therapy greatly decreases the risk of further complications.**

**Information for this article was obtained from the Centers for Disease Control and Prevention.**