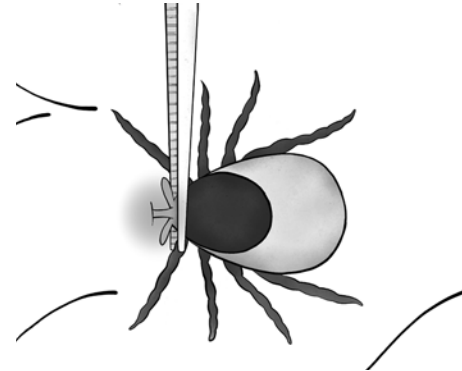


# Protecting yourself from Ticks

## HOW TO SAFELY REMOVE A TICK

**If you find a tick attached to your skin, don't panic! All you need are tweezers.**

1. Use tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth-parts easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Tick bites should be monitored and the ticks themselves saved for identification if symptoms develop. Ticks can be saved in a sealed plastic container or bag. Ticks removed from military personnel, their dependents, or DOD civilians can be turned in for identification and disease testing through the Military Tick Identification/Infection Confirmation Kit (MilTICK) program. **For more information scan the QR code on this page.**



Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible—not waiting for it to detach.



## DOD INSECT REPELLENT SYSTEM

*Wear a permethrin treated combat uniform.*

*\*The Army Physical Fitness Uniform (APFU) is not treated with permethrin. It does not protect Soldiers from insects.*



*Apply DEET, Picaridin, or IR3535 repellent to exposed skin.*



*Properly wear your uniform:*

*tuck trousers into boots and undershirt into trousers, and wear sleeves down and snugly fastened at the wrist.*

*Sleep inside a permethrin-treated bed net.*



*Check your skin and uniform often; use the buddy system.*



Ticks are commonly found in long grass, tall brush, and leaf litter. Use the DOD Insect Repellent System. Routinely check your skin, clothing, and gear for ticks. Bathe or shower as soon as possible after coming indoors. Remove any ticks you find on your body promptly, and see your doctor if you develop a rash, fever, chills, headache, fatigue, muscle or joint pain after tick bite.