

Remove ticks immediately. Your risk for tickborne disease is lower if you remove the tick within 24 hours. Consult a physician if you start to feel sick after a tick bite.

Using a tick spoon:

- Place the wide part of the notch on the skin near the tick.
- Applying slight pressure downward on the skin, slide the spoon forward so the small part of the notch is framing the tick.
- · Push the spoon forward firmly until the tick comes off.

Using tweezers:

· Grasp the tick close to the skin with tweezers.

· Pull gently until the tick comes out.





1-800-821-5821 maine.gov/dhhs/vectorborne



Scan for more information



Tick Removal