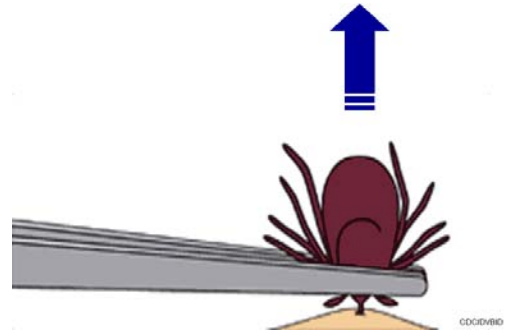


COUNTY OF BERGEN
DENNIS McNERNEY, *County Executive*

**RECOMMENDED PROCEDURE FOR
TICK REMOVAL**

1. Remove the tick promptly; the sooner you remove it, the less chance of infection.
2. **BLUNT CURVED FORCEPS** or fine-point tweezers should be used. If fingers are used, shield them with tissue, paper towel, or rubber gloves.
3. **GRASP** the tick by its mouth parts as close to the skin surface as possible and pull upward with slow, steady, even pressure. **DO NOT TWIST OR JERK** the tick as this may cause the mouth parts to break off.
4. **DO NOT USE HEAT, SQUEEZE, CRUSH OR PUNCTURE** the body of the tick as it may release fluids containing infective agents.
5. **DO NOT HANDLE THE TICK WITH BARE HANDS**, as infection agents may enter via mucous membranes or breaks in the skin. This precaution is particularly directed to individuals who “detick” domestic animals using unprotected fingers. Children should not be permitted to do this procedure.
6. After removing the tick, wipe the bite area with antiseptic, or wash soap and water.
7. Ticks can be safely disposed of by placing them in a container of alcohol or flushing them down the toilet. If you wish to have the tick identified or analyzed, save the tick in a tight sealed jar labeled with the date, the body location of the bite, and the place where you think you acquired the tick. See the Resource List on the reverse side for agencies and laboratories that will identify and analyze ticks.



BOARD OF CHOSEN FREEHOLDERS



Bergen County
Department of Health Services
327 E. Ridgewood Avenue
Paramus, New Jersey 07652-4895
(201) 599-6100 • www.bergenhealth.org



LYME DISEASE RESOURCE LIST

Information

N.J. STATE HEALTH DEPT. LYME DISEASE HOTLINE
800-792-8831

LYME INFO
800 886 LYME (5963)

BERGEN COUNTY MEDICAL SOCIETY
(For name of Lyme Specialist)
201-489-3140

LYME NETWORK OF NEW JERSEY
www.lymenet.org

HEALTHYNJ
www.healthynj.org



Tick Identification and Analysis

RUTGERS COOPERATIVE EXTENSION OF BERGEN COUNTY
Fourth Floor, One Bergen County Plaza, Hackensack, N.J. 07601
201-336-6780
8:30-4:00PM
Identification of tick only - \$2.00; hours for identification are 10:00
a.m. - 2:00 p.m.

LIVE TICK

NJ State Department of Health and Senior Services
609-292-5819

Cost: \$25.00 (must have doctor's note, doctor's address and phone
number, patient name, address, phone no. and tick must be alive in
moist paper towel or cotton)

The submission for is available online at: <http://nj.gov/health/forms/srd-4.pdf>