## **STEPS TO REMOVE A TICK**



Use tweezers to grab the tick as close to the skin.



Gently pull straight up until



Get rid of the tick by flushing it down the toilet.

all parts of the

tick are removed.



Wash the bite with soap and water, or rubbing

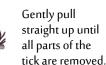


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Wash the bite with soap and water, or rubbing alcohol.

### **TIPS TO PROTECT YOU FROM TICKS**

Check yourself, your children, and your dogs every day.

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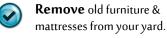
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Use insect repellent (DEET) to keep ticks from biting.

Treat dogs with medicines, collars, or shampoos.



Cut tall grass around your house.

**Treat** your yard with a chemical such as Permethrin & Bifenthrin.

**Limit** interaction with stray dogs.

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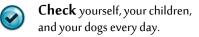




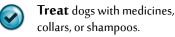


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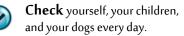
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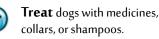
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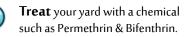


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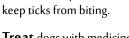


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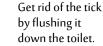
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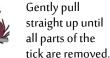
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2214 North Central Avenue • Phoenix, Arizona 85004 Tel: (602) 258-4822 • Fax: (602) 258-4825 E-mail: tecinfo@itcaonline.com

Website: www.itcaonline.com/tec Program support provided by Indian Health Service Epidemiology Grant #U1B9400002/15



Rocky Mountain Spotted Fever (RMSF) is a severe disease caused by a bacterial organism called *Rickettsia rickettsii*, which is carried by ticks. Humans & dogs can get RMSF if they are bitten by an infected tick. This disease can cause long term health problems and can be fatal. If you have a fever or rash AND have had contact with dogs, call your health care provider.

For more information. contact: Place local contact information here

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