


STEPS TO REMOVE A TICK

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

2  Gently pull straight up until all parts of the tick are removed.


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


4  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.
- ✓ **Use** insect repellent (DEET) to keep ticks from biting.
- ✓ **Treat** dogs with medicines, collars, or shampoos.
- ✓ **Remove** old furniture & mattresses from your yard.
- ✓ **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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For more information, contact:

Place local contact information here

ROCKY MOUNTAIN SPOTTED FEVER

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.

Inter Tribal Council of Arizona, Inc. • Tribal Epidemiology Center
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



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#U11B9400002/15

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