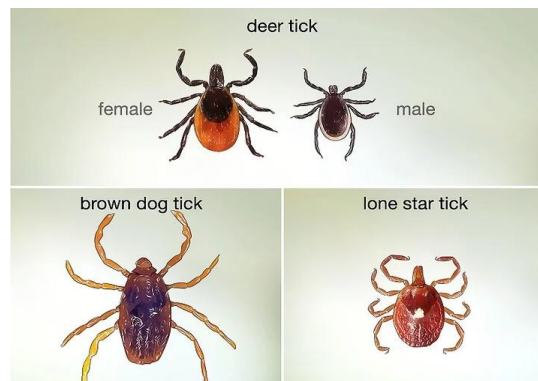




## Tick Bites: the “need to know”

### The risk of contracting a tick-borne illness depends on:

- The type of tick (usually deer ticks, which are small with an orange/reddish appearance and a dark brown oval shape on their back)
- How long the tick has been attached
- Whether or not the tick was engorged



### Important:

The risk of transmitting Lyme disease is low if the tick has been attached for less than 48 hours.

### If you find a tick attached to your body:

- Remove it with a pair of fine-tipped tweezers.
- Avoid squeezing the tick's body.
- Pull straight upward—do not twist or jerk.
- If you're unsure whether the entire tick was removed, do not pick or dig at the area; any remaining parts will usually work their way out naturally.
- Wash your hands and clean the bite area thoroughly after removal.

### When to Call Family Medical:

- If you cannot remove the tick yourself at home
- If you believe the tick has been attached for more than 36 hours
- If a ring-like rash appears around the bite within 30 days of removal
- **Prevention Is Key!**
- Wear appropriate clothing when outdoors in wooded or grassy areas (long sleeves, pants tucked into socks, and closed-toe shoes).
- Choose light-colored clothing to make spotting ticks easier.
- Use insect repellents containing DEET when appropriate.
- Perform regular tick checks, especially on the scalp, armpits, groin, and behind the knees.

#### Family Medical

87 N. Main St. Leominster, MA 01453  
Phone: (978) 534-8701 Fax: (978) 534-8705  
[www.familymedicalleominster.com](http://www.familymedicalleominster.com)