

Mayo Clinic Minute

Tick Removal Do's and Don'ts

VIDEO	AUDIO
	There's the old way and the right way to remove a tick.
	<i>Sound of match being lit off of a box of matches.</i>
	This isn't the right way.
	Neither is this.
	Or, this.
	Using matches or nail polish remover or Vaseline, you want to avoid those.
.	Dr. Bobbi Pritt is a parasitic diseases specialist at Mayo Clinic. She knows ticks – and how to properly remove them.
Title: BOBBI PRITT, M.D. CLINICAL MICROBIOLOGY Mayo Clinic	You don't want to squeeze the tick, because that could cause it to regurgitate some its stomach contents into the wound. You don't want to burn the tick. That could also cause it to regurgitate.
	Dr. Pritt says the best tool for the job is a fine-tipped forceps or tweezers.
	Without squeezing the body, use the tweezers to grab near where the tick is attached to your skin.
	You would just pinch as close as you can to the bottom of the tick, and then just pull it out in a single continuous motion.
	The goal is to remove the tick as fast as possible without damaging it.
	Dispose of the tick in a sealed bag or container, or flush it down the toilet. Then, clean the bite area and your hands.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.