Citizen science - The North Dakota Department of Health is conducting tick surveillance this year to monitor the types of ticks in the state and any tick-borne diseases. Anyone who encounters a tick can submit it for testing from May-Nov. 2022. Email a photo and location to NDTicks@nd.gov. For more information: [www.ndhealth.gov/disease/Tickborne](http://www.ndhealth.gov/disease/Tickborne)

**How to Remove a Tick**

* CLEAN THE SITE with alcohol or another disinfectant before removing the tick.
* GRASP THE TICK AS CLOSELY TO THE SKIN AS POSSIBLE using a tweezers.  If fingers are used, cover them with a tissue, a paper towel or rubber gloves.



* PULL UP WITH STEADY, EVEN PRESSURE.  Do not twist or jerk, as this may cause the mouth parts to break off, leaving them and the cement collar in the skin.



* DO NOT SQUEEZE, CRUSH OR PUNCTURE THE BODY OF THE TICK, as its fluids may contain germs that can cause disease.
* After removing the tick, thoroughly DISINFECT THE BITE SITE and WASH HANDS WITH SOAP AND WATER.
* APPLY AN ADHESIVE BANDAGE to prevent infection.
* GET RID OF TICKS SAFELY by placing them in a container of alcohol or flushing them down the toilet.

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[North Dakota Tickborne Disease (ndhealth.gov)](http://www.ndhealth.gov/disease/Tickborne/TickRemoval.aspx)