

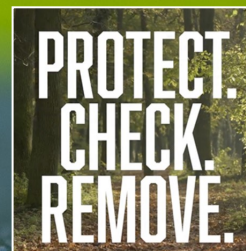
## MYTH

*You can remove a tick with a flame or Vaseline.*

## FACT

**Only a pair of tweezers is needed to remove a tick.**

- **Grasp as close to the skin as you can and slowly pull the tick away without twisting.** Not only can using a heat source be dangerous, but it can cause the tick's infected saliva to be pushed into the bite, increasing your chance of infection.
- **After removing the tick, wash the bite location with soap and water.** Watch for signs of sickness from a tickborne disease.



Pennsylvania  
Department of Health

## SEPARATING TICK DISEASE FACTS FROM MYTHS

Spending time outdoors is an important part of healthy living. But, the thought of getting sick after being bitten by a tick can put a damper on your outdoor activities.

**Scan the code** to learn the facts about tickborne disease.



[Tick Diseases \(pa.gov\)](https://www.pa.gov/health/tick-diseases)

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