HEALTH / 911 ROCKHOPPER

TICK REMOVAL

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FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

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So when you get a tick, it's time for you to do the necessary and take care of business. You are going to need two items at your disposal:

- Rubbing alcohol
- A pair of tweezers, if possible pointed tweezers

Now don't be squeamish, this is quite painless, at least for you. Not so sure about the tick though.

1. Rub some of that alcohol over the tick and the surrounding area.

- 2. Grab the tick as close to the skin as you can.
- 3. Ease the tick out, the trick is you want its head too. You don't want it to break off. So ease it straight out.
- 4. I like to place the tick on a piece of tape and fold it in half. But you can also flush it down the toilet. They are not strong swimmers and I don't think he'll be crawling back out of there for round two.
- 5. Finally, thoroughly clean the bite area with alcohol again.
- 6. Keep an eye on the area for a few days. It will probably itch for a week or so. If you think you might have an infection, go to see your doctor.

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