

Current medical advice supports the killing of ticks where they are by freezing or applying permethrin-based cream.

**DO NOT scratch or disturb a tick**

**DO kill the tick where it is**

## **For ticks you can see (adult ticks)**

The tick removal mantra devised for the community is:

**“Freeze it, don’t squeeze it!”**

Use an ether-containing spray e.g. Tick Off® (available in the WARA First Aid kit & from chemists)

*Steps for using Tick Off® (from the Tick Off® website)*



- 1. Position the opening of the applicator 1cm above the tick. Hold the aerosol dispenser as vertical as possible.*
- 2. Release the cryoliquid pressing 3 times 1cm above the tick.*
- 3. If the tick still moves after 10 minutes, repeat the process.*
- 4. The tick should fall out after freezing, or lightly dust the tick off the skin once freezing is complete.*

If the tick does not drop off, or the person cannot freeze the tick, advice is to leave the tick in place and seek medical assistance to have the attached tick safely managed and removed.

## **For ticks you can hardly see (larval and nymph stage ticks)**

The tick removal mantra devised for the community is:

**“Dab it, don’t grab it”**

Use the tickicide permethrin-based cream such as Lynclear® (available in the WARA First Aid kit & from chemists)

Apply at least twice with a 1-minute interval between applications. Scrape the tick off after 60-90 minutes using a sharp-edged scraper (taking care not to damage the person’s skin with the scraper).

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