

# Fieldcraft Skills

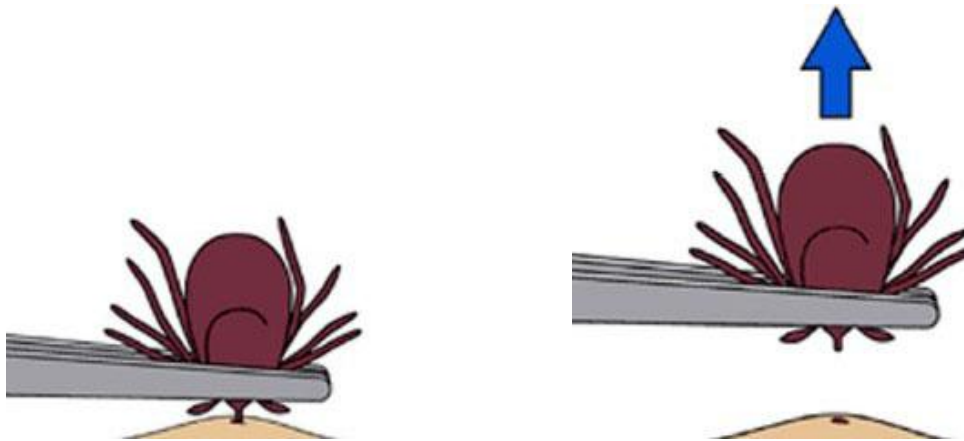
## Field First Aid



### Tick Removal

If you discover a tick on yourself, it's important to properly remove it as soon as possible. Ticks that are not attached can be removed easily by hand, but ticks that have embedded themselves into the skin to feed can be removed carefully using the techniques described here.

1. Grasp the tick as close to the head as possible with tweezers or a tick remover tool.
2. Pull straight out with a steady, even pressure. Do not squeeze or twist the body - this could cause the tick to expel its contents under your skin, essentially injecting the contents of its gut under your skin.
3. Do not cover the tick in soap, alcohol, or any other substance, as this may irritate the tick and also provoke it to expel its contents.



4. Clean the area with soap and water, or an alcohol swab.
5. Save tick for identification and testing by bringing it to your primary care provider if there is a high risk of tick-borne disease in your area.

Watch the affected area for signs of infection. Initial redness and swelling is common and attributed to the body's reaction to enzymes in the saliva of the tick. If a rash appears, or the area becomes tender or painful, this could be a sign of infection and medical attention should be sought.

Once the tick has been removed, steps should be taken to ensure that a tick-borne disease has not been transferred. Monitor the bitten area for several weeks for signs of infection, such as the "bull's-eye" rash signature of Lyme disease. If a rash appears, you should seek medical care to prevent further infection or the development of Lyme disease.

