



## Video Transcript: Tick Removal with Key

Hi, everyone. It's Rose from the Conservancy for Cuyahoga Valley National Park. Today, I wanted to come to you real quick and just talk about preventing and getting rid of ticks. So after you finish your hike, right before you get into your car, you're gonna want to do a tick check.

So this first involves checking your hairline, checking behind your ears, checking where your shirt meets your neck, checking where your shirt meets your waistline, and then checking where your pants meet your ankles. Now, if you have a lot of hair like I do, it's going to be important to check the whole scalp. But I would probably go home, wash your hands really good with soap and water before looking in there. But that's why it's also important to wear good gear. If you wear a hat when you hike, that's going to help prevent ticks that may get into your scalp. If you wear long pants, that's going to help prevent any ticks that might get into your legs. And that's also why I like to wear socks and shoes always. It may be nice in the summertime to wear open toed shoes, but you just want to protect your feet as much as possible.

So next, I'm going to come to you with a close up of how to remove a tick if you do find one. So you were hiking along and you end up with a tick on you. Now there is no need to panic. I'm going to show you one way to get rid of a tick using a tick key.

So let's say, for an example, the tick is attached to my arm. I'm just going to use a button for this example. Now, all you'll do is wrap the tick key around the tick and pull straight forward and the tick key will remove the tick simply and easily. Now, you can use tweezers to also pull up on the tick to remove it. But I find the tick key is helpful because it can get the tick out in one piece while sometimes tweezers can end up breaking off legs of the tick in your arm and you have to go back in again with the tweezers. Sorry if that's a little graphic.

So these tick keys are super helpful and you can pick them up at the Trail Mix stores. Thank you guys for watching. I hope you guys enjoyed this video and I'll see you guys soon.