

WORLD CUP
2026

KICK THE TICK



Ticks spread germs through bites that can make you sick.

Safe Removal and Disposal:



Act fast. Remove the tick as soon as possible. Waiting can increase the risk for disease.



Use the right tool. Grab clean, fine-tipped tweezers for the safest removal.



Get close to the skin. Grasp the tick as close to the skin's surface as you can.



Pull slowly and evenly. Avoid twisting or jerking which can cause parts of the tick to break off.



Dispose of the tick safely. Place it in a sealed container, wrap it tightly in tape, flush it down the toilet, or put it in alcohol.



Clean up. Wash the bite area and your hands with soap and water, rubbing alcohol, or hand sanitizer.



Look again. Check carefully for other ticks and remove them immediately.