

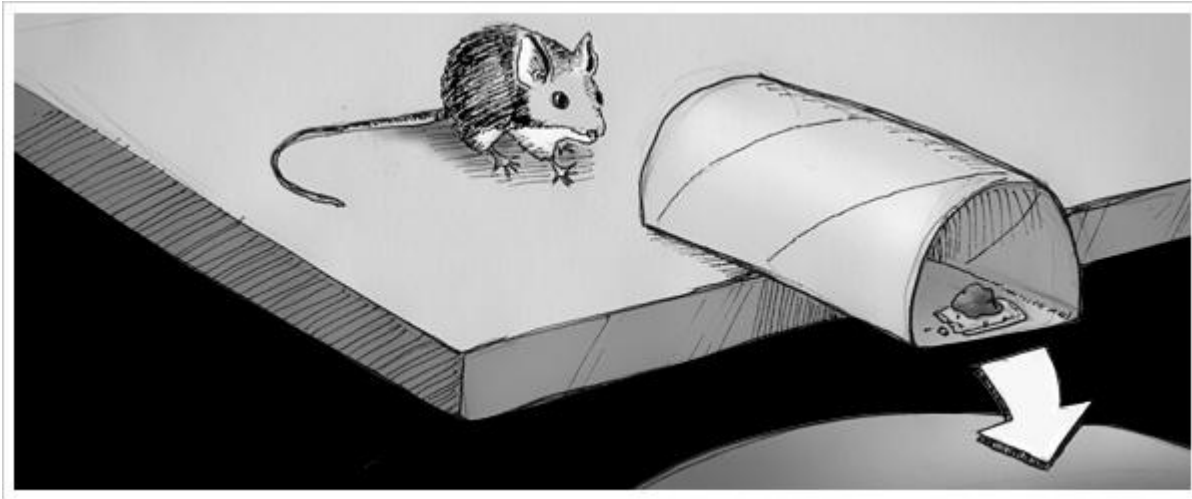
## **Subject: Easy Tick Removal**

**They say ticks are going to be abundant this year, so here's a tip we all may need to remember.....**

**FYI -- A School Nurse has written the info below -- good enough to share --**

**I had a pediatrician tell me what she believes is the best way to remove a tick. This is great, because it works in those places where it's sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc. Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20), the tick will come out on its own and be stuck to the cotton ball when you lift it away. This technique has worked every time I've used it (and in KY, that was frequently) and it's much less traumatic for the patient and easier for me. Unless someone is allergic to soap, I can't see that this would be damaging in any way. I even had my doctor's wife call me for advice because she had one stuck to her back and she couldn't reach it with tweezers. She used this method and immediately called me back to say, "It worked!"**

**How to catch a mouse without a mousetrap**



## Humanely

I had a little friend visit my apartment the other week, and for a while there I was ready to make peace with him and co-exist. But after I cleaned up the place and ordered pizza one night, and it crawled up the side of my chair onto the sleeve of my shirt, I knew it was time to bid farewell.

Here's how I caught the critter:

1. Get a toilet paper tube and crease two lines to form a flat sided tunnel.

- 2. Put a treat on one end of the tube: A cracker and dab of peanut butter works great.**
- 3. Get a tall (at least 20 inches) bucket. A trash can works well.**
- 4. Balance the tube precariously on the edge of a table or counter with the treat hanging directly over the tall sided receptacle.**
- 5. The mouse will scurry to the treat (they like tunnels) and fall into the trap.**
- 6. Flush down commode.**