



My child was bitten by a tick! What do I do?

- **First, DON'T PANIC!** They are very common in New England and most don't make you sick or transmit Lyme Disease.
- **See if you can ID what type of tick.** You can also take photo and contact us if unsure.
 - If it is still crawling, easily removed and flat, it can just be taken off and discarded. It cannot then transmit any infection.



Deer Tick (Blacklegged)

Dog Ticks

Engorged Dog Tick: brown with a white collar, can be the size of a pencil eraser
THESE DO NOT CARRY LYME DISEASE



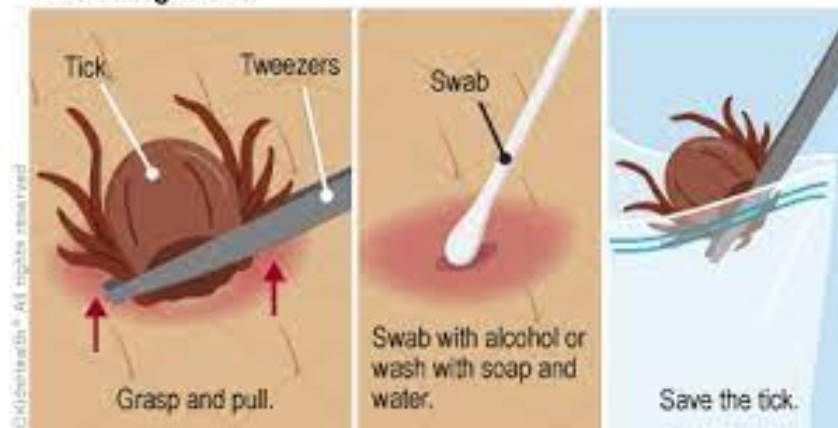
Engorged Deer Tick : often the size of a poppy seed or pencil point



● Removing the tick

- 1) Remove it as soon as possible. Use tweezers to grasp the tick firmly next to the skin.
- 2) Pull firmly until the tick lets go. Do not twist or rock it. If some remains, don't worry, it will work its way out on its own.
- 3) Flush the tick down the toilet.
- 4) Wash the area with soap and water and then swab a little rubbing alcohol on it.

Removing a Tick



- What NOT to do
 - Do not try Vaseline or a match. These methods don't work and burning can be dangerous.
 - Do not send the tick for testing. It is unreliable. Even if the tick is infected, it doesn't mean it was transmitted. Even if the tick is negative, we still recommend monitoring the area.
 - Go to the ER. Call our office if you have questions. This is not an emergency but we are here to help.

- Will my child need any antibiotics or treatment?

- If the tick is a deer tick , possibly attached over 36 hrs, and engorged, call our office during regular business hours to review if medication is needed
- It just needs to be started within 72 hrs of removing the tick.

- Monitoring for signs of Lyme

- Keep in mind you should monitor even if they were given the 1 dose of medication
- The redness that is often present at the time of tick removal or days following is usually a reaction from the saliva and not to be confused with Lyme. Just wash with soap and water. No medication is needed for that.
- The bullseye rash of Lyme develops a few days to many months after the bite, most commonly a week to a month out.



■ "Classic" erythema migrans rash



- Other signs can include
 - Fevers, body aches/flu like feeling
- Late signs if not detected/treated in the earlier stages
 - Swollen/hot joint, most commonly the knee (without trauma)
 - Stiff neck/severe headache
 - Weakness/paralysis of the facial muscles (Bell palsy)
 - Inflammation of the heart (chest pain, breathing trouble, fainting)

IF THERE ARE CONCERNS FOR LATE LYME, TESTING IS GOING TO BE NEEDED AND WE CAN HELP YOU THROUGH THAT PROCESS. CALL US!

PLEASE GO TO THE EMERGENCY ROOM IF YOU ARE WORRIED ABOUT CONFUSION, SEVERE HEADACHES, WEAKNESS/NUMBNESS, OR MODEST CHEST PAINS.