



Tick-Bite Documentation & Information

A resource tool provided by www.palyme.org

This form is to help educate when a person has an embedded tick discovered and removed, and aid in monitoring for symptoms and following-up with a health care practitioner. Keep this document with the removed tick (sealed in a plastic bag).

TICK BITE: Today, an embedded tick was discovered and removed.

Name: _____ D.O.B _____

Date bite discovered: _____ Time tick removed: _____


Body part tick attached to (leg, arm, neck, etc.): _____


Was tick engorged: YES NO (circle one)


Appearance of bite site (red lump, swollen, rash, etc.): _____

Suggestion: put a band-aid on the bite site for easy monitoring.

Circle the type of tick (note: photos enlarged)

Blacklegged tick 

American Dog tick 

Lone Star tick 



As soon as you can, take a photo of the bite site, circle it and then monitor the bite and any symptoms.

Symptoms (may be days or weeks before symptoms occur): Be aware of common symptoms of tick-borne disease. *Note—you don't need all the symptoms (you might just get one or two symptoms), and not everyone gets the same symptoms.*

- Rash at bite site
- Bump/redness at bite site
- Flu-like symptoms
- Nausea
- Fever
- Headaches
- Lethargy/fatigue
- Joint pain
- Bell's Palsy (facial paralysis)
- Change in behavior

Not everyone gets a rash, not all rashes will be a classic bulls-eye, and rashes may or may not be found at the bite site. Only 10% of children and 50% of adults will get a classic bulls-eye rash. Be vigilant. Notify your doctor about the tick bite and the information from the form above. There is risk for disease with every tick bite; early treatment is the best option.

- Early diagnostic tests on humans are not always reliable.
- Lyme imitates many other diseases.
- If symptoms persist, call your doctor again or get a second opinion.

Testing: If you have the tick that was removed, consider getting the tick tested. The most reliable method of determining if the tick was infected and what diseases it was carrying is by testing the TICK, not the person. Information on laboratories that perform tick tests for Lyme and other tick-borne diseases can be found at the following sites:

- www.tickcheck.com/order
- www.tickreport.com/order
- www.tickcounter.org/tick_testing

Note that the PA Department of Health advises that a negative tick test does not rule out disease nor does a positive test indicate you've been infected. Always consult your doctor if you see any symptoms that may indicate the presence of Lyme disease.

For more information or to download our free series of DARE 2B Tick Aware primary prevention materials, please visit <https://palyme.org/dare-2b-tick-aware/>

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