

Be Tick Aware

Don't Let a Tick Make You Sick!



Know the ticks in PA



Blacklegged tick




Dog tick

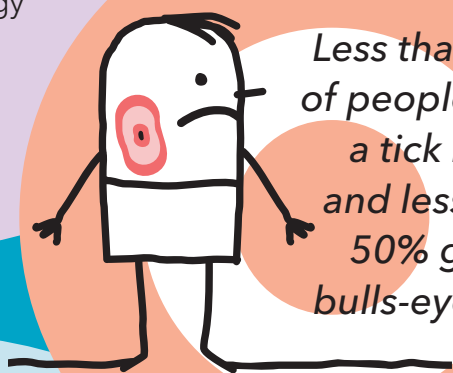


Lone Star tick

A tick bite can give you more than just Lyme disease. Other diseases include:

- Anaplasmosis
- Babesiosis
- Bartonellosis
- Borrelia Miyamotoi
- Ehrlichiosis, Powassan Virus
- Rocky Mountain Spotted Fever
- STARI
- Tularemia
- Red Meat Allergy

Note: A nymph tick can be as small as a poppyseed. 



Less than 50% of people recall a tick bite, and less than 50% get a bulls-eye rash.

Remove ticks correctly

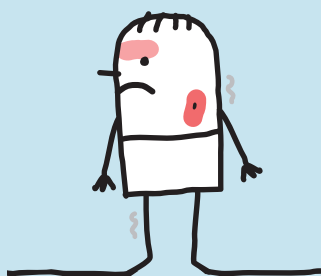
1. Grab tick close to skin with pointed tweezers.
2. Pull gently straight upwards.
3. DO NOT put anything over tick, twist, jerk or squeeze tick.
4. Seal tick in a plastic bag with moist cotton ball.
5. Clean bite site with antiseptic.
6. Circle the bite site to monitor.

Fill out/send home tick bite notification report with bagged tick to parents.

Is it just the flu or Lyme?

Be aware of these common symptoms:

- Flu-like illness with fevers, chills and malaise
- Rashes that come and go and can be different in shape, not just a bulls-eye
- Headaches and dizziness
- Facial paralysis (Bell's Palsy)
- Stiff neck
- Aches, pains, weakness in muscles and joints
- Chest pain, heart palpitations, carditis
- Swollen glands, sore throat
- Arthritis that moves from joint to joint
- Nausea and diarrhea
- Numbness/tingling/weakness in arms and legs
- Dizziness, disorientation
- Sensitivity to sound or light
- Extreme fatigue
- Insomnia
- Frequent growing pains



Symptoms can come and go and move around the body.

Is it just a mood or concentration issue or Lyme?

Be aware of these lesser-known symptom (symptoms can come and go and move around the body):

- **Personality changes:** new onset anxiety, panic, aggression, explosive outbursts, hyperactivity, mood swings, irritability, obsessive compulsiveness, depression and sudden suicidal thoughts
- **Cognitive changes:** decrease in IQ, change in school performance, new dyslexia, slowed thinking and word/memory retrieval, impaired memory, difficulty concentrating, new or exacerbated attention deficit behavior (ADD or ADHD)
- **Speech issues:** slurring or stuttering, loss of fluency
- **Vision problems:** frequently blinking/tic; eye movement issues (tracking), sensitive to light
- **Neurological:** clumsiness or balance problems, dizziness, headaches



Any concerning change in a child should be communicated to parents, with the suggestion to seek the advice of the child's physician.



www.palyme.org

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