






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).

<p>TICK BITE: Today, an embedded tick was discovered and removed.</p> <p>Name: _____ D.O.B.: _____</p> <p>Date bite discovered: _____ Time tick removed: _____</p> <p>Body part tick attached to: (leg, arm, neck, etc): _____</p> <p>Was tick engorged: YES NO (circle one)</p> <p>Appearance of bite site (red lump, swollen, rash, etc): _____</p> <p>_____</p> <p><i>Suggestion: put a band-aid on the bite site for easy monitoring.</i></p>	<p>Circle the type of tick (note: photos enlarged)</p> <p>Blacklegged tick </p> <p>American Dog tick </p> <p>Lone Star tick </p>
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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.*

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

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 disease 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.ticklab.org/test-my-tick
- www.tickreport.com/order
- www.tickencounter.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 your child is showing symptoms 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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