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# SIMPLE STEPS

## WHAT TO DO WHEN YOU FIND A TICK ATTACHED



### 1. TICK REMOVAL

- Stay calm. Remove the tick with a tick removal tool or tweezers.
- Get as close to the skin as possible, being careful to get the head
- Pull tick straight up.
- Immediately clean the bite site with antiseptic or soap.
- Save the tick in a sealable bag or vial, noting date of removal.
- Do not twist, agitate, or touch the tick; do not "drown" the tick in oil or petroleum.



### 2. SEND TICK TO A LAB FOR TESTING

- It's important to know the species of tick and what disease(s) the tick is carrying, to aid in your diagnosis.
- Knowing more about the tick will also help researchers better understand tick habitats and patterns.
- Test the tick for Lyme and other tick-borne diseases (co-infections) such as Babesia, Erlichia, Powassan Virus, Anaplasma, Rocky Mountain Spotted Fever and others.



### 3. MONITOR THE BITE SITE

- Take a picture and draw a circle around the bite site, to help you track and document any changes.
- Watch the site and other parts of your body to see if a rash develops, for about a week or more. Any changes can mean a reaction to an infection.
- Many people do not develop a rash or it may not appear as a "bull's-eye"; CDC guidelines state that a bulls-eye rash confirms a positive diagnosis for Lyme.



### 4. CONSULT WITH YOUR DOCTOR

- Talk with your doctor immediately if you experience any symptoms or suspect illness. A symptom could be a reaction or rash at the bite site, fatigue, brain fog, or any flu-like symptom. Early diagnosis and treatment are key!
- Preventative treatment should be considered when bitten by a tick in a Lyme endemic area, or at the first signs of symptoms.
- 21 days of antibiotic treatment doxycycline are recommended.



### 5. TRUST YOUR SYMPTOMS

- Your symptoms are an integral part of your diagnosis.
- Current Lyme diagnostics are inaccurate about 1/2 the time, making many diagnoses a combination of clinical observation and diagnostic testing.
- It's important to remember that if your doctor says your test came back negative, but you are feeling symptomatic, you may still have Lyme disease.
- Trust your symptoms, not the test!