

The deer tick that transmits Lyme disease must feed for >36 hours before transmission of Lyme disease,

There is no benefit of blood testing for Lyme disease at the time of the tick bite; (even people who become infected will not have a positive blood test until approximately two to six weeks post-tick bite).

Prevention is most important. Body checks should be done at least once in 24 hours.

HOW TO REMOVE A TICK

The proper way to remove a tick is to use a set of **fine tweezers** and **grip the tick as close to the skin as is possible**. Do not use a smoldering match or cigarette, nail polish, petroleum jelly (eg, Vaseline), liquid soap, or kerosene because they may irritate the tick and cause it to behave like a syringe, injecting bodily fluids into the wound.

The proper technique for tick removal includes the following:

- Use fine tweezers to grasp the tick as close to the skin surface as possible.
- Pull backwards gently but firmly, using an even, steady pressure. Do not jerk or twist.
- Do not squeeze, crush, or puncture the body of the tick, since its bodily fluids may contain infection-causing organisms.
- After removing the tick, wash the skin and hands thoroughly with soap and water.
- If any mouth parts of the tick remain in the skin, these should be left alone; they will be expelled on their own. Attempts to remove these parts may result in significant skin trauma.

AFTER TICK BITE clean area with soap and water and cover with bacitracin 2-3 times a day, till skin healed.

MONITOR FOR SIGNS/SYMPTOMS OF TICK TRANSMITTED DISEASE (GO TO DOCTOR IF ANY):

- Rash
- Fever, chills
- Muscle aches, Joint pain
- Fatigue. Muscle Weakness, Facial muscle weakness
- Headache