

### **Tips about Ticks**

With the warm weather recently, we are seeing an increased number of children with ticks in the health office, and I wanted to pass on some useful tips.

- All ticks can transmit Lyme disease, not only deer ticks.
- Frequent tick checks are your best protection from tick-borne illnesses.
- Keep wood and brush away from your house. Stone walls attract small rodents which can also carry ticks. Bird feeders also increase the incidence of ticks.
- Check pets frequently, and keep them off bedding.
- Teach children to seek adult help for tick removal.
- Squeezing the body of the tick can actually increase the chance of transmitting infectious material into the person with the tick.

### **What to do:**

- Use a fine point tweezer and grasp the tick as close to the skin as possible on the ticks mouth parts. Gently pull until you see the skin slightly tent. Hold at that level, and the tick will remove its mouth part from the skin. Do not touch the tick. Wash the skin and apply an antibiotic ointment. Wash your hands and disinfect the tweezers. You may want to save the tick in a plastic bag to show your doctor.
- If the tick is very engorged, call your doctor.
- Mark your calendar on the day of the tick removal.
- Less than 40% of people develop a typical “bulls-eye” rash.
- If fever or flu like symptoms appear within 4 weeks after a tick bite, see your doctor. Symptoms include fatigue, malaise, achy body, fever, chills, headache, swollen glands, swollen joints, Bells palsy or other neurological symptoms.

For more information and other websites see [www.lymediseaseassociation.org](http://www.lymediseaseassociation.org)