

## **TICK BITES**

While most tick bites are harmless and don't require medical treatment, some ticks can carry harmful germs and cause diseases like Rocky Mountain Spotted Fever and Lyme Disease. The deer tick is tiny, no larger than a pencil point. Other ticks are larger and easier to see on the skin.

## **WHAT TO DO IF A TICK IS ATTACHED TO YOUR SKIN**

- Using fine-tipped tweezers, grasp the head of the tick close to the skin and firmly pull the tick straight out of the skin. Do not twist or rock side to side.
- Do not use petroleum jelly or a hot match to remove the tick.
- Wash your hands and the site of the bite with soap and water.
- Swab the skin with alcohol.

## **SIGNS AND SYMPTOMS OF TICK RELATED DISEASE**

- A red bump with an expanding rash, which looks like a bull's eye.
- Red dots on the ankles and/or wrists.
- Flu-like symptoms such as fever, headache, fatigue, vomiting, and muscle aches.

## **WHEN TO SEEK MEDICAL ATTENTION**

- If the tick has been on the skin for more than 24 hours.
- Part of the tick remains in the skin after attempted removal.
- A rash of any kind appears (especially a red-ringed bull's eye rash).
- The bite area is red, warm to touch, has swelling or oozing pus, or becomes painful.
- Symptoms develop that include fever, headache, fatigue, chills, stiff neck or back, or muscle or joint pain develops.

## **THINK PREVENTION**

- After kids play outside, check their skin and hair, especially the scalp, behind the ears, the neck, and under the arms.
- When playing in wooded areas, wear longs sleeves and pants.
- In kids older than 2 years, use an insect repellent with at least 10% to 30% DEET for protection against bug bites and stings. Always follow directions when using any type of insect repellent.
- Avoid tick-infested areas.