

If You've Been Bitten

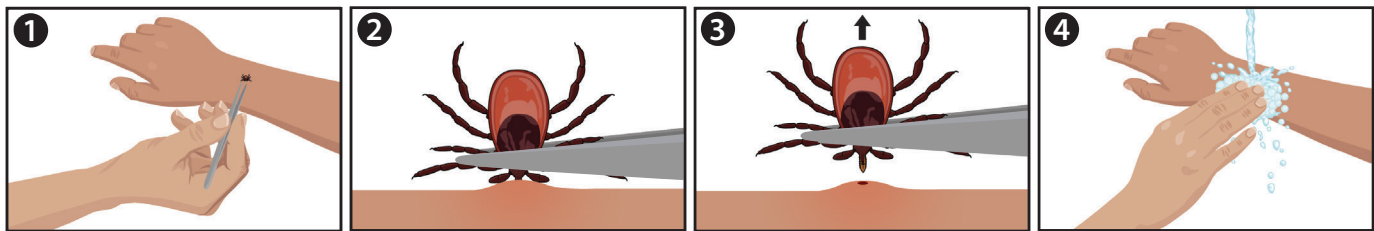
Ticks carry many diseases, and all ticks should be removed as soon as they are discovered. Below are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick.



Bay Area Lyme
FOUNDATION

Found a tick? Don't panic.

- **DO NOT yank the tick out.** If you yank it out, the tick's mouth could remain and so could the infections that cause disease
- **Remove the tick as soon as possible.** Use pointy tweezers. Slide the tweezers between your skin and the tick's mouth. Gently pull the tick straight up and away from your skin. It may take two or three tries.
- **If you don't have tweezers use your fingers,** but take the same approach. Protect your fingers with a tissue or plastic bag and wash them afterwards.
- **DO NOT squish the tick.** Take the time to remove it carefully. If you squish the tick, the infections may enter your skin.
- **DO NOT use a match or liquid to smother the tick.** This approach will not necessarily remove the tick and may prevent you from getting it tested.



Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

Monitor for Symptoms (for at least 30 days)

Contact your doctor if you experience any of the following symptoms:

- Skin rash (any kind)
- Headaches or stiff neck
- Flu-like symptoms, including fever or chills
- Muscle or joint pain
- Joint swelling
- A small bump or redness at tick bite
- Fatigue or lack of energy
- Swollen lymph nodes
- Heart palpitations*
- Fainting/syncope*

* For heart or neurological symptoms seek medical care immediately

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Tick Bite Awareness

The best way to stop tick-borne disease is to prevent it. Below is important information about ticks so you can continue to enjoy the outdoors and lower your chances of infection. Learn more at bayarealyme.org.



To Avoid Ticks:

- Walk in middle of trail, avoiding bushes, grass, leaf piles, and fallen logs
- Wear light-colored clothes covering ankles and wrists
- Consider insect repellents (DEET/Permethrin)
- Create safe spaces at home—clear out wood piles and create borders between your woods and lawn
- Take a shower after exposure and put clothes in the dryer, set on high, for 10 minutes

BLACKLEGGED TICK

Adult Female
2.5mm



Adult Male
2.0mm



Nymph
1.0mm



Larva
.5mm



ACTUAL SIZE



Check your body for ticks every day when you shower.

Ticks feel like tiny bumps or tags on your skin.

Where to Check for Ticks:

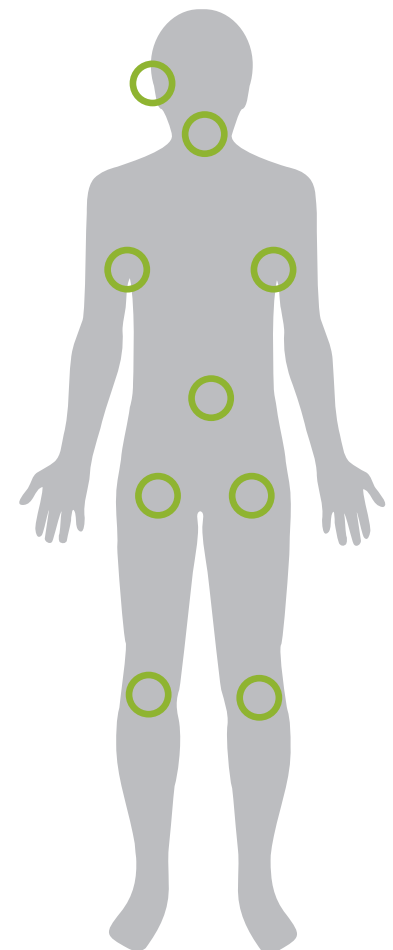
- In and around ears
- In and around the hair and neck
- Inside the belly button
- Between the legs
- Under the arms
- Around the waist
- Back of the knees

Save the tick.

Ticks can be tested dead or alive. Place the tick in a plastic bag or container (with a wet tissue if it's alive). Label it with the date of the bite and the location of where you think you picked up the tick.

You may choose to have the tick tested, especially if you develop symptoms of tick-borne disease. You can also store the tick in the freezer if you don't want to test it right away.

For reliable testing, consider iGeneX (www.igenex.com) or TickReport (www.tickreport.com) or contact your local County Health Department.



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