

WHAT TO DO IF YOU FIND AN ATTACHED TICK



TICK REMOVAL



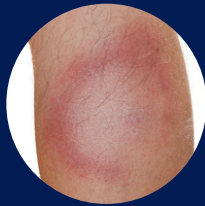
Remove embedded tick with a tick removal tool or tweezers. Get as close to the skin as possible, be careful to get the head & mouth parts. Pull tick straight up, firmly. Clean the bite site with an antiseptic or soap. View instructional video, click [here](#).

CONSIDER TESTING YOUR TICK FOR PATHOGENS



Be careful not touch the tick with your bare hands. Save the tick in a sealable bag or vial, noting date of removal. Send the tick to a lab for testing to learn if it is carrying pathogens like Lyme disease/other tick-borne illnesses. Recommended lab: Tickreport.com Learn more about ticks, click [here](#)

MONITOR THE BITE SITE



Take a picture and draw a circle around the bite site, to help your track and document any changes. Monitor the site and other parts of your body to see if a rash develops (week or more). If so, it may mean a reaction to infection. You may not develop a rash - it may not be a bullseye.

CONSULT WITH YOUR DOCTOR



See your doctor immediately if you develop a rash/experience any symptoms. Preventative treatment should be considered when bitten by a tick, or at the first signs of symptoms. Recommended treatment: 21 days of antibiotics (doxycycline or other depending on age/other factors). Early Lyme disease detection improves your outcome.

TRUST YOUR SYMPTOMS



Your symptoms are an integral part of your diagnosis. Keep a journal. Download GLA's [Lyme Symptom Tracker App](#) to help, click [here](#) Ask your doctor to be tested for Lyme disease/other tick-borne illnesses. Note: Antibodies may take 4 - 6 weeks to develop for more accurate test results.

