

Tick Bite Signs and Symptoms

If the tick transferred a disease, a rash will occur in the next 2-4 weeks

80% of infections start with a bull's eye rash at the site of the bite



Treatment

A single dose of prophylactic Doxycycline can reduce risk of Lyme disease

Benefits of this outweigh risks when the tick is engorged, has been attached at least 36 hours, and treatment can be started within 72 hours of tick removal

Doxycycline is not routinely used in children younger than 8 years old

Please contact the office if your child meets this criteria for prophylactic treatment



Other Insect Bites

Most insects that cause itchy bites are most active at sunrise and sunset
Prevent insect bites by applying DEET containing repellants to clothes and exposed skin.

Most bites are itchy for several days and can have swelling that may last 7 days
Swelling is typically worse in the morning after lying down at night and will improve after standing a few hours
Any redness can last up to 3 days

Home Care

Itchy bites: Apply 1% hydrocortisone 3x a day, use of cool compresses, apply steady direct pressure to bite for 10 seconds. If still itchy after local treatment can try an oral antihistamine like Benadryl

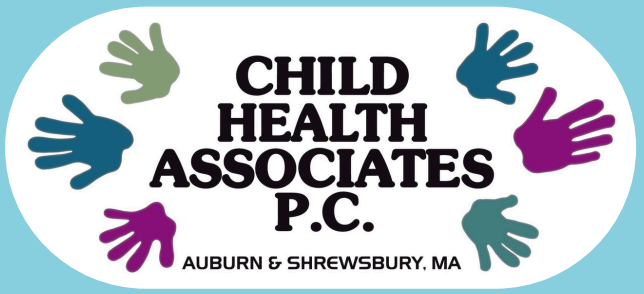
Painful bites: rub the site for 15-20 mins with a cotton ball soaked in a baking soda solution, use a cool compress for 20 mins, and if still painful can give dose of acetaminophen or ibuprofen

When to Call

Tick or insect bite begins to look infected (new redness, streaking, drainage, fevers, over 48 hrs since bite and redness now larger, tenderness)
Insect bite causing significant swelling or widespread hives

Ticks: Fever, rash, severe headache present in the next 4 weeks

You are unable to remove the tick



Prepare for tick and insect season with these tips on prevention, removal, and treatment

childhealthassociates.net

508-832-9691

Tick Information

Most deer tick bites are harmless as the spread of disease by ticks is not common, even in high risk areas, only 2% of deer tick bites cause Lyme disease.

Ticks live in grassy, brushy, or wooded areas, or even on animals, many people get ticks in their own yard or neighborhood

Ticks are most active during warmer months (April-September).

The wood/dog tick is the size of an apple seed and the deer tick is the size of a poppy seed. Both can triple in size and become engorged

Tick bites are painless and do not itch so they may often go unnoticed for a few days

Ticks eventually fall off on their own after 3-6 days

Before You Go Outdoors

DEET is an effective tick and insect repellent. The American Academy of Pediatrics has approved the use of DEET in a concentration maximum of 30% in all children over 2 months old. For those younger a net covering for car seats and strollers can be used.

Do not apply this to hands if children suck on thumbs and fingers

When going into known tick areas, wear long clothing, tuck long pants into socks, tie hair back, wear hats and walk in the center of trails

After Coming Indoors

Check your clothing for ticks and they may be carried into the house on clothing

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.

Carefully examine pets, coats, and any other gear used outdoors for ticks

Showering within two hours of coming indoors has been shown to reduce the risk of Lyme disease and other tickborne diseases as it may help wash off unattached ticks and is a good opportunity to do a tick check.

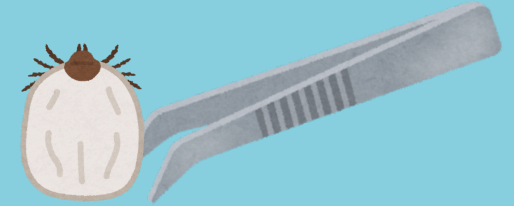
Conduct a full body check upon return from potentially tick-infested areas, including your own backyard.

Common Tick Areas

- Ticks are attracted to warm, moist areas of the body, and most likely climb to these areas on the body
- Most common areas are the upper back, scalp, calf/shin, upper arm, behind the knees, armpits, neck and lower back.
- It is important to complete full body checks and throughout the scalp to ensure ticks are found



Tick Removal



1. Use fine tipped tweezers and grasp the tick as close to the skin as possible on its head. If the tick is too small to remove with tweezers, use the edge of a credit card
2. Pull the tick straight upward, without twisting or crushing it, maintain a steady pressure until it releases its grip
3. If the tick head breaks off in the skin, remove any large pieces, clean the skin with rubbing alcohol. If a piece of the head remains, you can attempt to scrape the skin with a credit card, and if unsuccessful the skin will slowly heal and shed the remaining pieces
4. Wash the wound with soap and water and apply antibiotic ointment

**Covering the tick with petroleum jelly, rubbing alcohol, or touching the tick with a hot or cold object does NOT work*