

Tick Bites

While most tick bites are harmless and don't require medical treatment, some ticks (like the deer tick, wood tick, and others) 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 find on the skin.



Signs and Symptoms of Tick-Related Diseases:

- a red bump ringed by an expanding red rash, which looks like a bull's-eye (Lyme disease)
- red dots on the ankles and wrists (Rocky Mountain spotted fever)
- flu-like symptoms such as fever, headache, fatigue, vomiting, and muscle and joint aches



What to Do:

If the tick is still attached to the skin, remove it:

- Using fine-tipped tweezers, grasp the head of the tick close to the skin.
- Firmly and steadily pull the tick straight out of the skin. **Do not twist the tick** or rock it from side to side while removing it.
- Put the tick in a sealed container or zip-locked bag it and save it to show the doctor if your child becomes ill.
- **Do not use petroleum jelly or a hot match** to kill and remove the tick.
- Wash your hands and the site of the bite with soap and water.
- Swab the skin with alcohol.

Seek Medical Care if:

- The tick might have 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 develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing redness, warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, fatigue, chills, stiff neck or back, or muscle or joint aches develop.



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, children should wear long-sleeved shirts and pants and tuck pant legs into their socks.
- Use an insect repellent with at least 10% to 30% DEET for protection against bug bites and stings in kids older than 2 years, always carefully following the directions for application.
- Avoid tick-infested areas.