

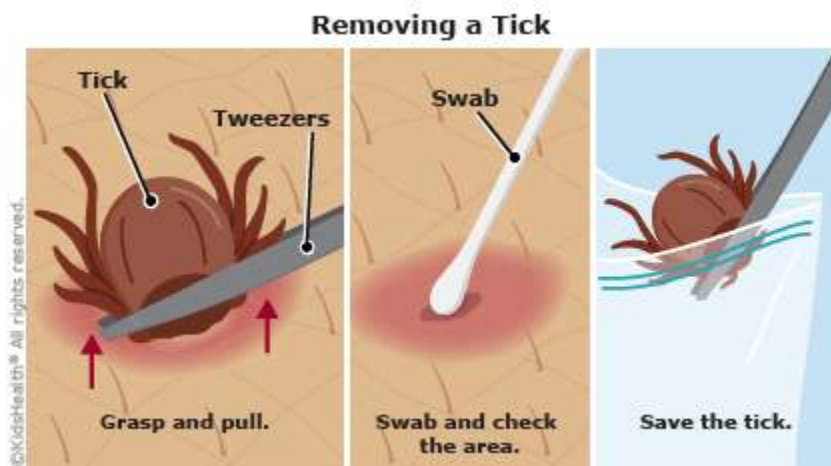
Helpful Hints from the Health Room about Ticks:

Boy, your child's freckles really stand out in the sun — but wait, that one looks like it's moving! It isn't a freckle at all. It's a tick. What should you do?

First, don't panic. It's true that Lyme disease is the most common tick-borne disease in the United States, but your child's risk of developing Lyme disease after being bitten by a tick is very low.

To be safe, though, you'll want to remove the tick as soon as possible because risk of infection increases between 24 to 48 hours after the tick attaches to the skin.

What to Do



Step 1: Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

Step 2: Pull firmly and steadily until the tick lets go of the skin. Do not twist the tick or rock it from side to side. If part of the tick stays in the skin, don't worry. It will eventually come out on its own.

Step 3: Release the tick into a jar or zip-locked bag in case you want to have it identified later on.

Step 4: Wash your hands and the site of the bite with soap and water.

Step 5: Swab the bite site with alcohol.

Never use petroleum jelly or a hot match to kill and remove a tick. These methods don't get the tick off the skin, and can cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

Next Steps

Call your doctor after the tick has been removed to find out if your child should be evaluated. In certain cases, a doctor will prescribe antibiotics if a child is at high risk of developing Lyme disease.

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 warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, fatigue, [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, around the neck, and under the arms.
- When playing in wooded areas, kids 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 bites and stings in kids older than 2 years, always carefully following the directions for application. Check with your doctor for their recommendation for the most appropriate insect repellent for your child.
- Avoid tick-infested areas.

Resources:

http://kidshealth.org/parent/firstaid_safe/emergencies/tick_removal.html?tracking=P_RelatedArticle
http://kidshealth.org/parent/firstaid_safe/sheets/tick_bites_sheet.html

Waukesha County Health Department (262) 896-8430

Call your health care provider with your health related questions, including questions about ticks and related diseases.