



Ticks

Parent Resource Template

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DEFINITION

- A tiny insect with eight legs that is related to the spider family. Ticks attach themselves to humans and animals in order to feed on their blood. If you find a tick attached to your skin, there is no need to panic. Remove the tick as soon as possible.

SYMPTOMS

- Fevers/chills
- Headache
- Mild neck stiffness
- Flu-like symptoms
- Rash

PREVENTION

- Avoid tick habitats.
- If in a tick-infested area, dress with hats, light-colored clothing, long sleeves, long pants tucked into socks and closed toed shoes.
- DEET may be applied to exposed skin according to product instructions.

TREATMENT

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.

- Pull upward with steady, even pressure. Do not twist or jerk the tick as this can cause the mouth part to break off and remain in the skin.
- After removing the tick, thoroughly clean the bite area and your hands with soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, or flushing it down the toilet.

POSSIBLE COMPLICATIONS

- Different types of ticks can transmit diseases. The diseases tend to be specific to different regions and are known to public health authorities in those areas.

CALL YOUR HEALTH PROVIDER

- If you have been bitten by a tick and experience any of the symptoms listed above.

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Information obtained from American Academy of Pediatrics and Center for Disease Control and Prevention