

# Tick Bite Care Plan



## Remember:

Always contact your medical professional for help.



1

## Safely Remove Tick

Stay calm. Use a tick spoon, tweezers or your fingers; slide under the tick or gently grip, slowly and firmly lift and pull. Avoid twisting or wiggling.

2

## Clean Tick Bite

Wash with soap and water or treat with rubbing alcohol. Apply an alcohol based herbal extract, we recommend *Andrographis* to soothe bite symptoms and support the body if disease is present.

3

## Save Tick for Testing



### Tick Report

29 Cottage St. Ste C  
Amherst, MA 01002  
(413)230-3196



### Tick Check

East Stroudsburg University  
Innovation Center  
562 Independence Road,  
East Stroudsburg, PA 18301

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## Monitor for Symptoms

- Fever/chills. All tickborne diseases can cause fever.
- Aches and pains. Tickborne diseases can cause headache, fatigue, and muscle aches. Lyme disease may also cause joint pain.
- Rash. Specific tick-borne diseases can cause distinctive rashes.

5

## Get Support

Tick borne illnesses are serious diseases and shouldn't be handled on your own. Always seek assistance from qualified medical professionals.

