



Tick Bite Response Checklist

(Print and keep for reference when dealing with a tick bite)

Step 1: Remove the Tick

- Use fine-tipped tweezers
- Grasp tick close to skin
- Pull upward with steady, even pressure (do not twist or jerk)
- Clean bite area and hands with rubbing alcohol, iodine, or soap and water
- Dispose of a tick by placing it in a sealed bag/container OR flushing it down the toilet

Optional: Save Tick for Identification

- Place tick in a small container (e.g., pill bottle) or plastic bag
- Label with date and bite location on the body
- Store in freezer if needed for lab testing later

Step 2: Record Details

- Date and time of bite: _____
- Location on body: _____
- Location where exposure happened (e.g. hiking trail): _____
- Estimated time tick was attached (if known): _____

Step 3: Clean and Observe

- Clean bite site daily and apply antibiotic ointment
- Mark the area with a pen to watch for rash development
- Avoid scratching

Step 4: Monitor for Symptoms

- Monitor for symptoms daily for 30 days
- Watch for rash, fever, fatigue, joint pain, or flu-like symptoms

Step 5: Seek Medical Advice If...

- Rash appears (especially bullseye-shaped)
- Fever or chills develop
- Muscle aches, fatigue, or headaches start
- Bite area becomes infected
- Symptoms worsen or persist

[Click here for more information](#) *about Ticks and to read our in-depth article.*
