



Nurse's Notes for Lyme Disease

Signs and Symptoms:

- Signs and symptoms of Lyme Disease appear 1-2 weeks after the tick bite, but can appear as early as three days after the bite or as many as 30.
- Initial symptoms may present as a viral illness with or without a rash.
- Symptoms include:
 - Fever, chills, fatigue, swollen lymph nodes
 - Muscle and joint aches
 - May or may not have bullseye rash

Treatment:

- If you find an attached tick, hold fine-tipped tweezers parallel to the skin surface and grasp the tick close to the skin. Pull upward steadily (no twisting) to remove the entire tick in one piece. Disinfect the skin with either alcohol or soap and water.
- Ticks do not need to be saved or tested. Seal the tick on a piece of tape or submerge it in alcohol and dispose of it. Applying nail polish remover, burning the tick or smothering the tick in vaseline is not effective.
- Antibiotics are usually not necessary unless the tick has been attached for more than 36 hours.
- Call your PCP if you find an attached tick on your child.

Prevention:

- Walk in the center of trails avoiding heavy brush, leaf litter and tall grass.
- Keep lawns mowed and remove trash and overgrowth. Stack and dry chopped wood. Keep lawn furniture and playground structures in the sun.
- Use insect repellent.
- Wear long sleeves and tuck pants into socks.
- Utilize pet tick control.
- Bathe within 2 hours of entering the home.
- During daily tick checks, focus on under arms, in and around the ears, groin, inside belly button, behind the knees, around waistline and hairline.