PARK RIDGE-NILES
SCHOOL DISTRICT 64

Dear Parent/Guardian:

A tick was removed from your child today. Ticks can transmit disease and make people sick. Common illnesses caused by ticks in Illinois are Lyme disease and Rocky Mountain spotted fever. Not all tick bites lead to tick-borne diseases. You should record the date on which the tick was removed.

It is recommended that you seek medical treatment from your child's health care provider promptly if you notice any early signs or symptoms of illness within 3 to 30 days after the date of removal. Some people with Lyme disease will get a bullseye rash. Others may have an atypical rash. Not everyone who has Lyme disease will get a rash. Other symptoms that may occur during the early state of Lyme disease include chills, fever, headache, tiredness, stiff neck, joint pain or swelling, and swollen lymph nodes. Lyme disease is treated with antibiotics. If untreated, infection may progress to joint, heart, brain, or nerve abnormalities. Examples of what rashes could look like can be found here: https://www.cdc.gov/lyme/signs-symptoms/lyme-disease-rashes.html?CDC_AAref_Val=https://www.cdc.gov/lyme/signs_symptoms/rashes.html

Rocky Mountain spotted fever (RMSF) is a bacterial disease spread through the bite of an infected tick. Most people who get sick with RMSF will have a fever, headache, and rash. RMSF can be deadly if not treated early with the right antibiotic. Early signs and symptoms are not specific to RMSF, including fever and headache. However, the disease can rapidly progress to a serious and life-threatening illness.

See your child's health care provider if your child becomes ill after having been bitten by a tick or having been in the woods or in areas with high brush where ticks commonly live. Signs and symptoms may include fever, headache, rash, nausea, vomiting, stomach pain, muscle pain, and lack of appetite. Lyme disease and Rocky Mountain spotted fever are not the only tick-borne diseases with which an individual can be infected after being bitten by a tick.

Please read more information here:
Tick Removal and Testing
CDC Lyme Disease Fact Sheet for Parents
CDC Rocky Mountain Spotted Fever Information

District 64 Health Services Department

Common questions after a tick bite

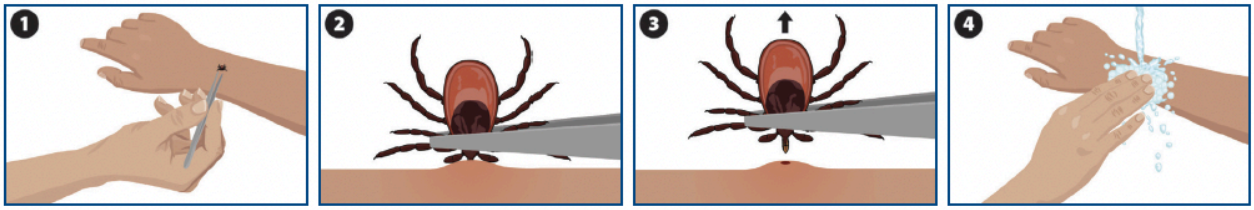
State of Illinois
Illinois Department of Public Health

Tick Bite: What to Do

Tick bites can make people sick. Below are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick.

Remove the tick as soon as possible

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your health care provider for identification, put it in rubbing alcohol or place it in a sealed bag/ container.



Consider calling your health care provider

In general, the Centers for Disease Control and Prevention (CDC) does not recommend taking antibiotics after tick bites to prevent tickborne diseases. However, in certain circumstances, a single dose of doxycycline after a tick bite may lower your risk of Lyme disease. Consider talking to your health care provider if you live in an area where Lyme disease is common.

Watch for symptoms for 30 days

Call your health care provider if you get any of the following:

- Rash
- Fever
- Fatigue
- Headache
- Muscle pain
- Joint swelling and pain

Treatment for tickborne diseases should be based on symptoms, history of exposure to ticks, and in some cases, blood test results. Most tickborne diseases can be treated with a short course of antibiotics.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Illinois Department of Public Health
IDPH
Protecting Health, Improving Lives

Common questions after a tick bite

Should I get my tick tested for germs?

Some companies offer to test ticks for specific germs. CDC strongly discourages using results from these tests when deciding whether to use antibiotics after a tick bite.

- Results may not be reliable. Laboratories that test ticks are not required to meet the same quality standards as laboratories used by clinics or hospitals for patient care.
- **Positive** results can be misleading. Even if a tick contains a germ, it does not mean that you have been infected by that germ.
- **Negative** results can also be misleading. You might have been bitten unknowingly by a different infected tick.

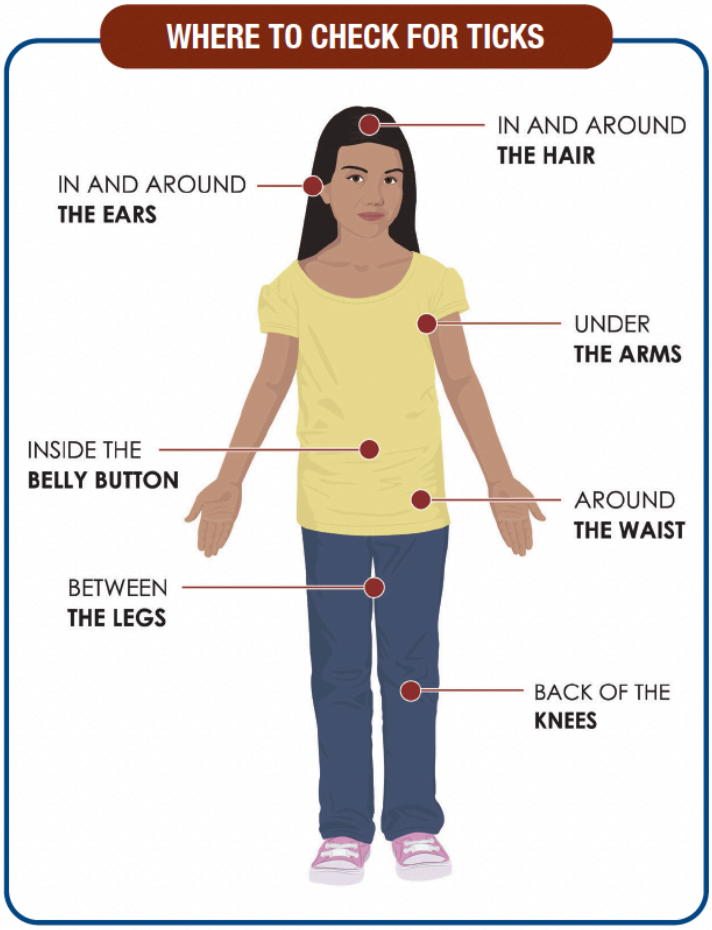
Can I get sick from a tick that is crawling on me but has not yet attached?

Ticks must bite you to spread their germs. Once they attach to you, they will feed on your blood and can spread germs. A tick that is crawling on you but not attached could not have spread germs. However, if you have found a tick crawling on you, it's a sign there may be others: do a careful tick check.

How long does a tick need to be attached before it can spread infection?

Depending on the type of tick and germ, a tick needs to be attached to you for different amounts of time (minutes to days) to infect you with that germ.

Your risk for Lyme disease is very low if a tick has been attached for fewer than 24 hours. Check for ticks daily and remove them as soon as possible.



www.cdc.gov/ticks/

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