

Tick Bite Prevention



Tick and Mosquito Repellents

Higher concentration corresponds to how long you are protected, not how well you are protected.

DEET (*N, N-diethyl-m-toluamide*)

- Safe and effective for children \geq 2 months
- 10-30% concentration effective for 3 to 5 hours

Picaridin

- Safe and effective for children \geq 2 months
- 10% concentration effective for 2 to 3 hours
- Similar to a natural compound found in black pepper plants

Oil of Lemon Eucalyptus

- Safe and effective for children \geq 3 years
- 30% concentration effective for 4 hours
- Sourced from the gum eucalyptus tree

Permethrin 0.5%

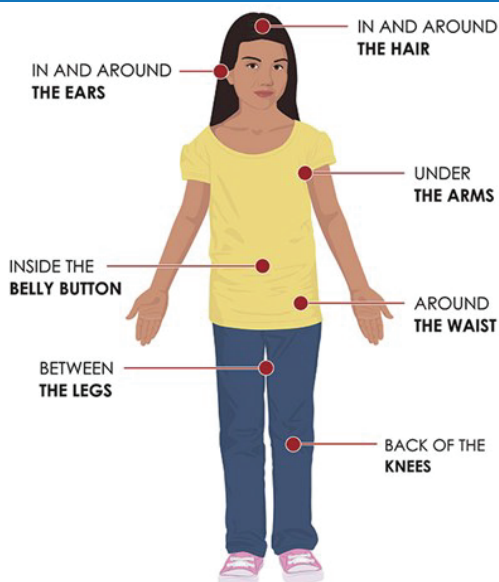
- **Applied to clothing and gear** - do NOT apply to skin
- Safe and effective for toddlers, children and teens
- Effective for multiple washes

Additional Strategies

- Avoid tall grass and brushy areas when possible
 - Ticks don't fly or jump, they wait for a host to brush up against them
 - Mow yards regularly, keep tall grasses and bushes away from busy yard areas
- Check your child's body, and your own, for ticks after being outdoors
- Tumble dry clothes on high heat for 10 minutes to kill ticks on clothing. If the clothes require washing first, hot water is recommended.
- Shower soon after spending time outdoors to help wash off unattached ticks
- Examine gear such as clothing, boots, bags and tents after being outdoors
- Outdoor/indoor pets should be checked for ticks as well, even if they are on a tick medication or have been vaccinated to protect against Lyme disease. Talk to your veterinarian about tick prevention products for your dog.

Full Body Tick Check

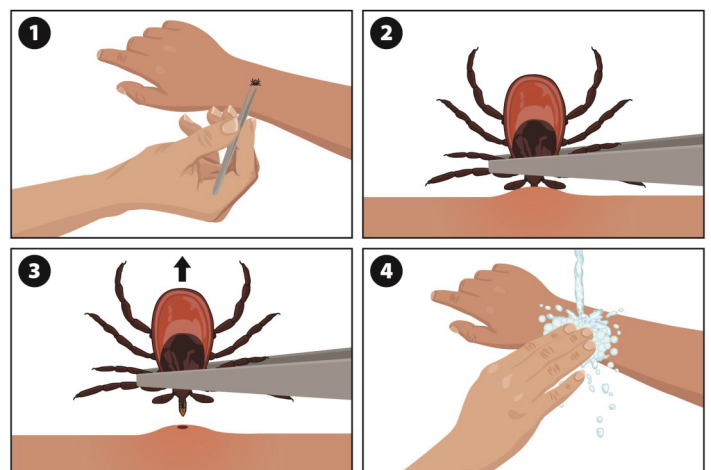
Check ALL parts of the body, with careful inspection of these areas.



Used with permission: Centers for Disease Control and Prevention, [cdc.gov/lyme/prev/on_people.html](https://www.cdc.gov/lyme/prev/on_people.html)

Tick Removal

Use slow, steady upward pressure to remove tick from skin. Dispose of tick by flushing down the toilet or placing in alcohol or a sealed bag.



Lyme Disease



Post-exposure Prophylaxis

A single dose of doxycycline is available for children of all ages when the following criteria are met/suspected:

- Tick was removed within the last 72 hours
- Tick was swollen or suspected to be attached for >24-36 hours
- The bite occurred in an area where Lyme disease is common
- Tick is suspected to be a deer tick (blacklegged tick)

Signs & Symptoms to Watch For

Monitor for these symptoms of Lyme disease that can occur three to 30 days after a tick bite:

- Fever
- Chills
- Headache
- Erythema migrans (EM) - a flat or slightly raised red, circular rash, typically larger than 5 centimeters. Expands gradually over several days and may appear like a target or bull's-eye.
- Fatigue
- Muscle/joint aches
- Swollen lymph nodes

Diagnosis of Early Lyme Disease

Early infection with classic erythema migrans rash in Lyme disease endemic areas is a clinical diagnosis (i.e. laboratory testing not required). In all other cases, diagnosis of Lyme disease should be supported by laboratory testing.

Completed by provider, if necessary

This is not a prescription.

| Medication | HCP Rx Info | Dose | AM | Mid-day | PM | # Days | Instructions |
|---|--|----------|----|---------|----|----------|-------------------------------|
| Post-exposure Prophylaxis | | | | | | | |
| Doxycycline | (4.4mg/kg/once) Up to 200mg max | _____ mg | | | | One dose | Take with full glass of water |
| Early Lyme Disease Treatment (check one) | | | | | | | |
| <input type="checkbox"/> Doxycycline | (4.4mg/kg/day div BID) Max 100mg/dose | _____ mg | X | | X | 10 Days | Take with full glass of water |
| <input type="checkbox"/> Amoxicillin | (50mg/kg/day div TID) Max 500mg/dose | _____ mg | X | X | X | 14 Days | |
| <input type="checkbox"/> Cefuroxime axetil | (30mg/kg/day div BID) Max 500mg/dose | _____ mg | X | | X | 14 Days | |

Common side effects to watch for:

- Sun sensitivity
- Upset stomach/diarrhea
- Rash (call your healthcare provider)
- Other _____

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