

# TICK BITES



## 1. Tick's

- Small (3-5mm)
- Found in woodland/grassy areas, wait on vegetation and climb onto host, then bite and feed for several days before dropping off
- Majority **do not** carry disease (< 2 per 100,000 bites)
- Removal - use tweezers to grasp close to the skin and pull upwards with steady even pressure (ensure head completely removed)



## 2. Lyme Disease

Caused by bacteria *B. burgdorferi*

- Early (3 – 22 days following infection)
  - spreading rash (Erythema migrans), malaise, headache, rigors, arthralgia - lasts 3-4 weeks
- Early Disseminated (weeks-months)
  - lyme carditis (AV block), CNS involvement (CN palsy, encephalitis), uveitis, intermittent arthritis
- Late (months-years) – chronic system abnormalities

## 3. Management

Prophylactic ABX not required

If erythema migrans +/- systemic symptoms – **oral doxycycline 100mg BD for 21 days** and discharge to GP

No rash? Offer ELISA test to confirm diagnosis and start treatment if high clinical suspicion

Signs of focal/early disseminated disease – discuss with infectious diseases specialist and follow local ABX policy