

Tick bites and Lyme disease

If you have had a tick bite, the aim will be to remove the tick whole to avoid any potential risk of infection to you. Sometimes it is not possible to remove it completely and continuing to try if it doesn't come out easily can cause more damage.

Ticks have a risk of transferring bugs to humans. The most common in the UK is a condition called Lyme disease. You do not need to have treatment for every tick bite, but in some cases, you may need a course of antibiotics.

One of the most common signs of a problem after a tick bite is developing a specific rash. The rash starts small, then spreads and usually has an obvious white area (like a bullseye) in the middle of the rash. If you have this rash when we see you, we are likely to advise starting antibiotics. If you do not have this rash, we will ask you to look out for it and other signs of Lyme disease that would lead us to advising antibiotics.

Early signs Lyme disease include:

- a high temperature, or feeling hot and shivery
- headache
- muscle and joint pain
- tiredness and loss of energy
- facial palsy - weakness in the facial muscles (especially children)

Please see national guidelines for further advice

cks.nice.org.uk/topics/lyme-disease

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