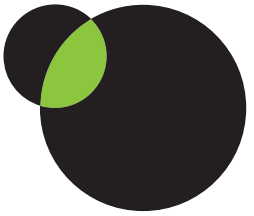


**HOW TO
TREAT A
TICK
BITE**



MothersAgainst Lyme.org



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WHAT SHOULD I KNOW IF I GET BITTEN BY A TICK?

HURRY! All tick bites require immediate attention.

Not everybody who develops Lyme disease will develop a bullseye rash. Since lab testing takes a while to process and often yields inaccurate results, the best protocol is immediate treatment with a course of antibiotics.



If you delay, and the tick that bit you is infected, the Lyme bacteria will disseminate and may reach the brain within 10 days. Once bacteria disseminate, they're much harder to treat.

Do yourself a favor: as soon as you remove that tick, ask your doctor for a course of antibiotics.

WHAT ARE THE THREE MYTHS EVERYONE NEEDS TO KNOW?

1

THE MYTH: Only treat a “high-risk” tick bite.

THE TRUTH: It is impossible to determine if a tick is high risk.

2

THE MYTH: One dose of Doxycycline within 72 hours of a tick bite is enough.

THE TRUTH: A single dose of 200 mg doxycycline is insufficient to prevent Lyme disease. It may also a false negative blood test result, making diagnosis more difficult.

3

THE MYTH: The tick must be attached 24 hours (...or 36 hours...or 48 hours) to infect you.

THE TRUTH: If the tick has organisms in its saliva, it can transmit those organisms extremely quickly.

ILADS RECOMMENDATIONS

Optimal treatment for Lyme disease remains unknown, however, ILADS makes the following recommendations:

Treat all tick bites with **20 DAYS** of doxycycline, either 100 or 200 mg twice a day (barring any contraindications).

If you develop a bullseye rash, **ILADS** recommends a minimum **4-6 WEEK TREATMENT** of doxycycline, amoxicillin or cefuroxime. A minimum of 21 days of azithromycin is also acceptable. If symptoms linger, antibiotic therapy should be extended.

OTHER CONSIDERATIONS

Ticks not only carry Borrelia (aka: Lyme disease), but also co-infections like Ehrlichia/Anaplasma, Rickettsia, Bartonella and Babesia.

These co-infections can cause a great deal of suffering. **WHAT SHOULD I DO ABOUT THIS?** If you see a Lyme Literate Physician, you might be offered additional options. **ALWAYS ASK TO BE TESTED FOR THESE CO-INFECTIONS.**

If you either can't, or won't, take antibiotics, you may want to investigate **HERBAL OPTIONS**. Master Herbalist, Stephen Buhner, has herbal protocols listed both in his books, and on his website, BuhnerHealingLyme.com. We recommend obtaining all necessary herbs for treating tick bites ahead, since time is of the essence in preventing Lyme disease.

For other alternative treatment options, check out the resources section of MothersAgainstLyme.org

(fold here first)