

TIPS FROM VERMONT DEPARTMENT OF HEALTH AND OFFICE OF RISK MANAGEMENT ON  
WHAT TO DO IF YOU ARE BITTEN BY A TICK OR SEE ONE ON YOU:

- No action needed if an unattached tick is seen on skin or clothing.
- After being bitten by a tick:
  - Remove the tick promptly; and
  - Watch for symptoms of tickborne illness for 30 days after a tick bite
    - Contact your health care provider if you develop fever, chills, rash, headache, joint pain, muscle aches, or fatigue; tell them about your recent tick bite and when the bite occurred
  - Consult with a health care provider to see if they recommend [Lyme disease prophylaxis after a tick bite](#). The Centers for Disease Control and Prevention recommends **all the following conditions be met** for a provider to consider prescribing prophylaxis:
    - The bite occurred in Vermont (or other area with high incidence of Lyme disease);
    - Was the tick removed within 72 hours of the consultation for prophylaxis;
    - The tick is engorged (i.e., has been attached for 36 hours or more);
    - The tick is a blacklegged tick (*Ixodes scapularis*), if known;
    - Doxycycline is safe for the patient.