

TICK BITE PROCEDURE

Ticks are parasites closely related to spiders and mites that feed on human and animal blood. Ticks can be found in various environments including, shorelines, forest, farm, field and playgrounds. Ticks are a public health risk because they can transmit several diseases, including Lyme disease. Ticks need blood to grow. They crawl up grass or twigs and drop onto passing animals or humans, attaching themselves to the soft skin to feed.

Working in conjunction with the Physical Environment Policy, this procedure raises awareness of ticks and helps to minimise the risk of ticks at the Service.

Education and Care Services National Law or Regulations (R. 84, 99, 157, 158, 160, 173, 176, 177 and S162(A)) NQS QA 2: Element 2.1.1, 2.2.1, 2.2.2 and 2.1.3 Health practices and procedures
Related Policy: Physical Environment Policy

TICK BITE INFORMATION		
1	Ticks can cause many types of reactions, including local and systemic infections, allergy, paralysis, autoimmune disease, post-infection fatigue and Australian multisystem disorder.	
2	Most tick bites pose no medical problems apart from localised swelling and redness around the bite area - if the tick is removed promptly. However, people can experience more severe conditions such as tick paralysis or allergic reactions including anaphylactic shock.	
3	<p>Early symptoms of tick paralysis may include:</p> <ul style="list-style-type: none"> • Rash • Headache • Fever • Influenzas like symptoms • Tenderness of lymph nodes • Walking unsteadily • Sore glands • Intolerance to bright light • Increased weakness of limbs • Partial facial paralysis 	
4	<p>Allergic reactions of ticks may include:</p> <ul style="list-style-type: none"> • Swelling of the throat • Breathing difficulties • Collapsing 	

STEP 1: TO HELP PREVENT TICK BITES EDUCATORS ARE ENCOURAGED TO:

1	Apply an insect repellent containing diethyl-meta-toluamide (DEET) or picaridin to the skin before entering a possible tick infested environment. The repellent should be applied and re-applied according to the manufacturer's instructions.	
2	Ensure children are wearing appropriate clothing including, long sleeves shirt, long pants tucked into socks, and light-coloured clothing to make it easier to see ticks on clothes before they attach to the skin.	
3	Ensure children are wearing a wide-brimmed hat	

STEP 2: REMOVING TICKS

1	Freeze the tick, using a product such as Medi Freeze Tick Off or Wart Off Freeze, Elastoplast Cold Spray etc that rapidly freezes and kills the tick, and allow it to drop off. In most cases ether-containing sprays will kill the tick within five minutes, and it will drop off the skin. The safe and fast removal of the tick may reduce the possibility of becoming allergic to ticks and causing infectious disease or paralysis.	
2	If the tick does not drop off, or you cannot freeze it, leave the tick in place and seek urgent medical assistance to remove the tick	
3	Do not scratch anything you can't see	
4	It is unsafe to insert fine tweezers between the skin and the tick mouthpiece and lever the tick out.	
5	Using fine-tipped forceps (not tweezers), grab the tick as close to the skin as possible and pull it upwards using steady pressure. Do not jerk or twist the tick.	
6	Continue to monitor the person for increasing pain, swelling or redness, red streaks leading from the area, pus or fever. If symptoms persist seek medical assistance.	

STEP 3: MANAGING ALLERGIES TO TICK BITES

1	If a person is allergic to ticks, use an adrenaline autoinjector and follow the ASCIA Action Plan	
2	Call for an ambulance	
3	Leave the tick in place and seek medical assistance to remove the tick.	

Source

Agency for Clinicals Innovation

<https://www.aci.health.nsw.gov.au/networks/eci/clinical/clinical-resources/clinical-tools/toxicology/tick-bite-management>

Australian Society of Clinical Immunology and Allergy (ASCIA)

<https://www.allergy.org.au/patients/insect-allergy-bites-and-stings/tick-allergy>

Community IPM – Understanding and managing Ticks – A guide for schools, childcare and camps

<https://ecommons.cornell.edu/bitstream/handle/1813/43844/tick-mgmt-FS-NYSIPM.pdf?sequence=5&isAllowed=y>

Preventing and treating tick bites

[https://www1.health.gov.au/internet/main/publishing.nsf/Content/EA2FA455F96F36F1CA257C3700786BCB/\\$File/Preventing-treating-tick-bites.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/Content/EA2FA455F96F36F1CA257C3700786BCB/$File/Preventing-treating-tick-bites.pdf)

The Department of Health – Tick bite prevention

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/ohp-tick-bite-prevention.htm>

Tick bites

<https://www.healthdirect.gov.au/tick-bites>