Tick bite or suspected tick bite? What to do next….

Remove it quickly (see page 6 of our guidance note) using a tick remover (available from HR)

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Complete an Incident Report Form
Link to Incident report form

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Report your bite to the Tick Surveillance Scheme using the reporting form available online (this step is optional)

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Closely monitor the site of the bite on a daily basis for several weeks

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If you experience any of the symptoms (see page 9 of the guidance note) see your GP as soon as possible

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Ensure that you tell your GP that you have spent time in areas likely to contain ticks and that you suspect Lyme disease

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Your GP should arrange a blood test to determine whether you have Lyme disease and you are likely to be prescribed antibiotics

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If you feel your GP has not taken your Lyme disease concerns seriously enough, refer them to the NICE guidance regarding Lyme disease.

If they still do not refer you for a blood test, you should request a second opinion.