

Tick Bite Record & Symptom Watch

Record useful details to discuss with a healthcare professional

This sheet is a personal record - it is not submitted to or stored by VuxLore.

Keep it securely. It does not diagnose infection or replace medical advice.

1. PERSON AND EXPOSURE DETAILS

Name or reference (optional) _____

Date tick found _____ Time found _____

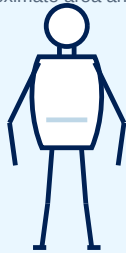
Date removed _____ Time removed _____

Likely place of exposure _____

Outdoor activity or setting _____

2. WHERE WAS THE TICK FOUND?

Circle the approximate area and add a written description.



FRONT



BACK

Body area:

3. REMOVAL RECORD

- ☐ Appropriate tick-removal tool
- ☐ Fine-tipped tweezers
- ☐ Other method (describe below)
- ☐ Bite area cleaned afterwards
- ☐ Photograph taken
- ☐ Tick retained securely

Notes: _____

4. SYMPTOM-WATCH NOTES

Record anything unusual and any advice received. Do not wait for this sheet to be complete before seeking help.

DATE	WHAT I NOTICED	ACTION OR ADVICE

WHEN TO SEEK MEDICAL ADVICE

Seek medical advice if you develop a spreading rash or become unwell after a tick bite. Examples may include fever or flu-like symptoms, unusual tiredness, headache, or muscle and joint pain. Mention when and where the possible exposure occurred.

Follow current local health guidance. Most tick bites do not result in illness, but prompt advice is important if symptoms develop.