



TICK KIT reference cards







If bitten...

- 1. Remove tick with appropriate tick removal tool, grabbing as close to the head as possible, and pull out slowly. DO NOT use fingers, squeeze, burn or put oil or soap on the tick's body. Improper removal increases chance of infection.
- 2. Place tick in small container or bag and send for testing, if desired. Take note of the date, location, who was bit and where on their body, type of tick, etc.
- 3. Apply the andrographis tincture liberally to site of bite. You can also apply a piece of cotton ball soaked with andrographis and secure in place with a bandaid. Let sit for several minutes
- 4. Mix small amount of bentonite clay with andrographis until a thick paste forms. Apply a generous glob to the site of the bite. Cover with a piece of breathable gauze and adhere with medical tape.
- 5. Administer first dose of homeopathic Ledum palustre 200CH, if desired. Disinfect all tools used and clean hands well.
- 6. See your MD, ND, and/or a Lyme literate doctor (LLMD) for further instructions, watch for a bullseye rash and flu-like symptoms, and familiarize yourself with the symptoms of Lyme disease.