



Post-Bite Symptom Tracking Guide

30-Day Tick Bite Observation Log

Removing a tick promptly is the best way to prevent tick-borne diseases. However, because some symptoms can take up to 30 days to appear, it is critical to monitor your health closely after any bite. This log is designed to help you track your symptoms over the next 30 days so you have a precise, dated record to share with your healthcare provider if you become ill.

Part 1: Bite Documentation

Record the details of the tick bite immediately after removing the tick. Accurate documentation of the date and location will help your doctor assess your risk and determine the appropriate course of action.

Date of Tick Bite / Removal	
Time of Removal	
Location of Bite on Body	_____ (e.g., left behind the knee, right armpit, waistline)
Estimated Attachment Time	_____ (hours the tick was attached, if known)

Suspected Tick Species (check one)

Select	Species	Primary Region & Diseases
☐	Black-legged tick (Deer tick)	<i>Eastern half and Midwest U.S. -- Lyme disease, anaplasmosis, babesiosis, Powassan virus</i>
☐	Lone Star tick	<i>Southern and Eastern U.S. -- Ehrlichiosis, Heartland virus, STARI, Alpha-gal syndrome</i>
☐	American dog tick	<i>East of Rocky Mountains and some Pacific Coast areas -- Rocky Mountain spotted fever, tularemia</i>
☐	Western black-legged tick	<i>Pacific Coast -- Lyme disease, anaplasmosis, babesiosis</i>
☐	Rocky Mountain wood tick	<i>Rocky Mountain states -- Rocky Mountain spotted fever, Colorado tick fever</i>
☐	Other / Unknown	

Tip: If possible, photograph the tick before disposing of it, and photograph the bite site immediately. Save the tick in a sealed plastic bag or small container -- your doctor may wish to have it identified. Label the bag with the date and your name.

Part 2: 30-Day Symptom Checklist

Monitor the bite site and your overall health every day for the next 30 days. If you experience any of the symptoms below, check the box, record the date it started, and contact your healthcare provider promptly. Bring this completed log to your appointment.

Section A: Early Signs to Watch For (Days 3 to 30)

The following symptoms are associated with early-stage Lyme disease and other tick-borne illnesses. They typically appear within 3 to 30 days of a bite.

Check	Symptom	Date First Noticed	Severity / Notes
[]	Expanding Rash at Bite Site <i>A red rash that grows larger over days or weeks (more than 2 inches across). It may be uniformly red or have a "bull's-eye" appearance. It will NOT fade within a few days. A small, non-expanding bump that disappears in 1-2 days is a normal bite reaction, not a sign of infection.</i>		
[]	Unexplained Fever or Chills <i>A fever not explained by another illness, often accompanied by sweating.</i>		
[]	Severe or Unusual Fatigue <i>Abrupt and extreme tiredness that is out of proportion to your activity level.</i>		
[]	Muscle Aches <i>Generalized soreness or achiness throughout the body.</i>		
[]	Joint Pain <i>Pain, stiffness, or swelling in one or more joints.</i>		
[]	Headache <i>A new or unusually severe headache.</i>		
[]	Stiff Neck <i>Unusual stiffness or pain when moving the neck.</i>		
[]	Swollen Lymph Nodes <i>Swollen glands, particularly near the bite site.</i>		
[]	Sore Throat <i>Throat soreness not associated with a runny nose or prominent cough.</i>		

Section B: Later Signs to Watch For (Days to Months)

If early Lyme disease goes untreated, the infection can spread. The following symptoms may indicate disseminated Lyme disease or another tick-borne illness that requires urgent medical attention.

Check	Symptom	Date First Noticed	Severity / Notes
[]	Severe Neck Stiffness <i>Stiffness severe enough to limit movement; may indicate meningitis.</i>		
[]	Additional Rashes on Other Body Parts <i>New expanding red rashes appearing away from the original bite site.</i>		
[]	Facial Droop / Facial Palsy <i>Loss of muscle tone or drooping on one or both sides of the face (Bell's palsy).</i>		
[]	Severe Joint Swelling <i>Significant swelling, warmth, and pain in joints, particularly the knees.</i>		
[]	Heart Palpitations / Irregular Heartbeat <i>Noticeable changes in heart rhythm, dizziness, or fainting (Lyme carditis).</i>		
[]	Shortness of Breath <i>Difficulty breathing or episodes of dizziness not explained by exertion.</i>		
[]	Shooting Pains, Numbness, or Tingling <i>Nerve pain, numbness, or tingling sensations in the hands or feet.</i>		
[]	Cognitive Difficulties <i>Short-term memory problems, difficulty concentrating, or mental fogginess.</i>		
[]	Vision Changes <i>New or unusual changes in vision.</i>		

Part 3: Daily Observation Log (Days 1-30)

Use the table below to record a brief daily note on how you feel. Even a simple "no new symptoms" entry is valuable, as it establishes a clear timeline for your healthcare provider.

Day	Date	Rash Changes	Symptoms Noted	Temperature (if taken)
1	__/__/__			
2	__/__/__			
3	__/__/__			
4	__/__/__			
5	__/__/__			
6	__/__/__			
7	__/__/__			
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23	__/__/__			
24	__/__/__			
25	__/__/__			
26	__/__/__			
27	__/__/__			
28	__/__/__			
29	__/__/__			
30	__/__/__			

Part 4: When to Seek Medical Care

Seek immediate medical attention if you experience any of the following within 30 days of a tick bite:

- An expanding red rash, regardless of whether it looks like a bull's-eye
- A fever, chills, or flu-like illness (especially without a runny nose or cough)
- Extreme, unexplained fatigue
- Severe joint swelling, particularly in the knees
- Any heart palpitations, irregular heartbeat, or fainting
- Facial drooping or paralysis on either side of the face
- Severe headache with neck stiffness

Important: Blood tests for Lyme disease are not reliable in the first few weeks after infection. A negative test result does NOT rule out Lyme disease. Your doctor will make a clinical diagnosis based on your symptoms and this observation log. Bring this document to every appointment.

Part 5: Physician / Provider Notes

Use this section to record information from your healthcare provider visits.

Provider Name	
Date of Visit	
Diagnosis / Assessment	
Tests Ordered	
Medications Prescribed	
Follow-Up Date	
Additional Notes	

For additional resources on tick safety, bite prevention, and protection information, visit us at [trailreadysolutions.com](https://www.trailreadysolutions.com).