Keeping a careful record of any symptoms you notice following a tick bite can help your doctor determine if you or a loved one may be at risk for a potential tick-borne illness. This tool is designed to help you identify and track various signs and symptoms that could indicate a possible infection. Be sure to include any details about your symptoms in the Notes section of the chart; for example, describe the specific shape and location of any rashes, the severity of a fever as well as mood swings or other unusual physical or emotional issues you notice.

Consult with and share this record with a doctor who is experienced in diagnosing and treating tick-borne diseases as soon as possible if you believe that you or your loved one may be at risk for a tick-borne illness.

To accurately track your symptoms for your doctor, check off all your symptoms listed in each daily column and add any other details in the notes section.