



# Symptom Tracker

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>HOW YOU FEEL</b></p>						
<p><b>YOUR SYMPTOMS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fatigue</li> <li><input type="checkbox"/> Rash or "stretch marks"</li> <li><input type="checkbox"/> Fever / chills / night sweats</li> <li><input type="checkbox"/> Muscle aches / joint pain (migratory)</li> <li><input type="checkbox"/> Headache</li> <li><input type="checkbox"/> Sleep difficulties</li> <li><input type="checkbox"/> Cough / difficulty breathing (air hunger)</li> <li><input type="checkbox"/> Abdominal pain / nausea / vomiting</li> <li><input type="checkbox"/> Cognitive difficulties (brain fog)</li> <li><input type="checkbox"/> Skin tingling / burning / numbness (migratory)</li> <li><input type="checkbox"/> Red eyes</li> <li><input type="checkbox"/> New-onset psychiatric symptoms (depression, anxiety, OCD, rage)</li> <li><input type="checkbox"/> Painful soles of feet</li> </ul>	<p><b>YOUR SYMPTOMS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fatigue</li> 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