

After a tick bite - suggested template for letter to parents

Dear:

Your child was bitten by ...tick(s) on (date) on (site on body)

The tick was removed by a member of staff and the area was cleaned with antiseptic. Most ticks are not infected, but some ticks can carry a bacterial infection called Lyme disease.

Please complete a thorough tick check on your child to ensure they have no other attached ticks. Pay close attention to the area under waistbands, behind the ears, knees, groin area, neck, hairline and armpits. Ticks can be tiny and easily missed. If you find another tick attached, please remove it carefully as soon as possible, ideally using a tick removal tool or fine tipped tweezers. It is important to avoid squashing or suffocating the tick. Advice on tick removal and symptoms of Lyme disease can be found at www.lymeresourcecentre.com

Place all clothes in the tumble dryer as the heat will kill any ticks and wash clothes at the highest appropriate temperature .

Symptoms of Lyme disease usually occur 3-30 days after an infected tick bite and can include:

A migrating rash, sometimes called a bull's eye rash - usually at the bite site but can be elsewhere on the body. This rash means that the child has Lyme disease and a blood test is not needed. Antibiotic treatment should be started as soon as possible. Other symptoms can include headaches, stiff neck, fever, tiredness, unexplained behavioural or mood changes, facial palsy. These can sometimes be misdiagnosed as a viral infection.

If a rash or any other symptoms appear please seek urgent medical attention and explain that your child had a tick bite.

Kind regards,

Further information on ticks and Lyme disease can be found on the Lyme ResourceCentre <https://www.lymeresourcecentre.com/>

