

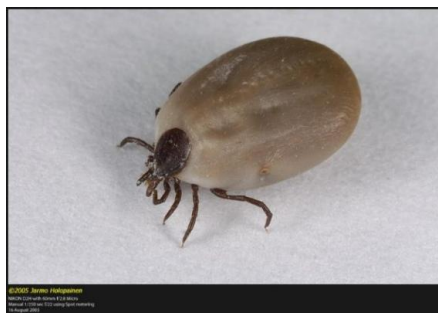


Forest School information sheet.

Ticks and Lyme disease

What are ticks?

Ticks are tiny spider like creatures found in grassy or woodland areas. They attach themselves to passing animals and people. They do this by finding a suitable spot where they bite through the skin and feed on blood. They will feed for 3-5 days then drop off.



What is Lyme disease?

Lyme disease is an illness caused by a bacteria, which lives in the gut of ticks. Most ticks do not carry the bacteria, but infection could be passed on if you are bitten by one.

How to prevent ticks.

When at Forest school, please ensure that your child has most of their skin covered. Trousers bottoms can be tucked into socks and sturdy shoes or boots should be worn, even in summer. A long sleeved top should always be worn to cover the arms. Insect repellents can also be used.

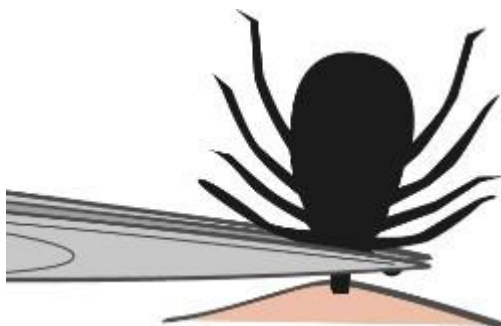
Please check your child over for ticks when they return from Forest School. Particularly vulnerable areas are where there are folds of skin, such as the armpit and also the scalp.

What to do if your child has been bitten by a tick.

Remove the tick as soon as possible to reduce any chance of infection.

Grasp the tick as close to the skin as possible using fine tweezers and pull firmly and steadily out without jerking or twisting. Do not crush or squeeze the tick's body.

If any part of the tick remains in the skin, remove with fine tweezers. Apply disinfectant to the area. If you are worried seek advice from your doctor.



Signs and symptoms of Lyme disease.

The most common symptom is a slowly expanding rash round the bite, usually after 5 – 14 days.

Other typical symptoms include fever, headaches, tiredness and rashes.

Most cases can be treated successfully with a course of antibiotics.

If left untreated infection can spread.