

## Ticks and Lyme disease

Suggested template for pre trip advice to parents:

Dear

During the school trip we will be spending time outdoors, so will need to take some simple precautions to avoid tick bites.

We will be giving the children some simple instructions before the trip.

Wearing long trousers, long sleeved shirts and closed shoes will help to avoid tick bites.

You may wish to provide your child with an appropriate tick repellent spray.

If a child is bitten, then they must immediately inform their teacher. Our staff have been instructed on how to remove ticks correctly.

If your child is bitten then we will inform you on our return.

Please carry out further tick checks when your child returns home from the trip. ( ticks are tiny and can easily be missed.)

This link provides more information on ticks and possible symptoms of Lyme disease.

Symptoms of Lyme disease usually occur within 3-30 days after a tick bite and may include a circular rash, flu like symptoms, headache, neck ache, joint and muscle pains, unusual tiredness and sometimes a fever. It is important to see your GP as soon as possible if these types of symptoms occur - even if a tick bite has not been noticed.

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

