

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 the blood. They will feed for 3-5 days then drop off. If you notice a tick on your child seek medical advice immediately.



What is Lyme disease?

Lyme disease is an illness caused by 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 Outdoor Learning offsite, 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. Please check your child over for ticks when they return from an Outdoor Learning offsite visit, particularly vulnerable areas where there are folds in the skin such as armpits and also in the scalp.

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

Contact your GP and seek medical advice immediately.

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 it can spread. **If you have any concerns, contact your GP immediately.**