

Nurses' Nook....ticks and Lyme disease...

It's getting to be spring (really!); children are outside more and more and ticks are out there too. Deer ticks common in New England are the main vector for Lyme Disease. It is important to prevent all ticks from getting attached to your body:

1. Use a chemical repellent with DEET, permethrin or picaridin.
2. Wear light-colored protective clothing.
3. Tuck pant legs into socks.
4. Avoid tick-infested areas.
5. Check yourself, your children, and your pets daily for ticks and carefully remove any ticks. (Deer ticks must be on for 36-48 hours or more for transmission to occur.)

Please use [this link for some really interesting pictures](#) of both common Dog Ticks and Deer Ticks at various stages of size as they feed.

In addition [here are guidelines from the CDC](#) on how to remove ticks properly.

Because these deer ticks can be tiny, especially the nymphs, we don't always find them. Here is some information on the early symptoms of Lyme Disease that occur 3- 30 days after the tick bite. If you or your child has these symptoms it is important to call your health care provider:

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes.
- Erythema migrans (EM) rash:
 - Occurs in approximately 70 to 80 percent of infected persons
 - Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)
 - Expands gradually over a period of days reaching up to 12 inches or more (30 cm) across
 - May feel warm to the touch but is rarely itchy or painful
 - Sometimes clears as it enlarges, resulting in a target or "bull's-eye" appearance
 - May appear on any area of the body

For more information on Lyme Disease please visit the [CDC Website](#). And always feel free to contact the nurse in your child's school.