



# HealthHUB School Clinic

**Serving the Vermont towns of South Royalton, Strafford, Chelsea, Sharon, Bethel, Tunbridge, Orange, Washington, Stockbridge, Randolph, Rochester, and Williamstown**

## Deer Ticks (*I. scapularis*) and Lyme Disease

Tick Season is here. What should parents remember to help prevent Lyme Disease:

1. Most important- do a nightly check for ticks, look in the hair, under arms & in the groin. And/or have your child shower & wash your child's clothes to remove difficult to see Deer Tick nymphs. If a tick is attached for less than 36 hours you most likely do not need to worry about Lyme Disease.
2. To remove the tick, pull straight it straight out with tweezers or tick remover, don't be concerned if part of tick left behind it can't pass on the Lyme Disease. Tape it to a piece of paper in case there is a question later.
3. You don't need to do anything else at this time. Expect a little redness where the tick bit the skin. This is normal and is not the rash seen with Lyme Disease.

If the Deer Tick is on for more than 36 hours then it's time to call your pediatrician for their recommendations.

1. Bring the tick to the doctor's office, it might not be a deer tick.
2. If it is a deer tick, your pediatrician will give your son or daughter a one-time dose of antibiotic if he/she is at least 8 years old.
3. Get the antibiotic RIGHT AWAY, do not wait. You have a window of 72 hours to get the preventive antibiotic, but the antibiotic works best if you take it as soon as possible after the tick is removed.
4. If your child is under 8 years old, they are too young for the preventive antibiotic, but your doctor would like to document exposure and have you monitor for symptoms.
5. Don't panic, Lyme Disease is treatable.
6. The Centers for Disease Control (CDC) have a helpful website - -this is the link - <https://www.cdc.gov/lyme/index.html>

If your child has symptoms of Lyme Disease:

7. Sometimes you don't see the tick & you see a large red, round patch on your child's skin, this could be the rash from Lyme Disease, or you child may have a swollen joint, feel tired/achy/have a fever, headache, mild neck stiffness, or swollen lymph nodes.  
- call your doctor and have your child seen.
8. If you have questions or concerns call your child's pediatrician.

Please remember **prevention** is the best way to avoid Lyme Disease and any other tick borne disease.