

**GREENWICH CENTRAL SCHOOL
HEALTH OFFICES**

Lyme Disease

Lyme disease is an infection caused by a bacterium and transmitted to people by the bite of a tiny tick. Ticks are found on vegetation and animals, in grasslands, marshes, and woodlands. The tick is most active and feeding from April through October.

The following are things you can do to prevent tick bites:

1. Avoid tick habitats whenever possible.
2. Wear long pants with cuffs tucked into socks.
3. Light-colored clothing will help you spot any ticks.
4. Repellents on your clothing and repellent collars for your pets may be useful.
5. Brush off clothing and pets before entering the house.
6. Undress and check for ticks. They usually crawl about for several hours before burying their head into your skin.
7. If a tick attaches itself in the skin, use tweezers to grasp the tick near the mouth parts as close to the skin as possible. Pull steadily and firmly until the tick lets go. Apply rubbing alcohol or hydrogen peroxide to the bite site. Do not use petroleum jelly, kerosene or matches to remove ticks.

Children who have been outside for sports or recreation should be made aware to check for ticks daily after coming indoors.

Notify your physician regarding your tick bite.

Check for any rash or red patch, especially one that slowly expands over several days. The red patch can get quite large and it may be ring-shaped. Flu-like symptoms, low-grade fever, chills, and headache often occur early in the disease. If you note any of these symptoms following a tick bite or if these symptoms last for several days, contact your physician.