

Dear

I would like to inform you that my child came home with an embedded tick which was picked up on the school premises. I wondered if the school may like to take this opportunity to share this experience and inform other parents of children involved in the same activities and to advise teachers of necessary prevention methods? We have discovered that there is a lot of conflicting information and confusion around the best action to take following a tick bite and I would like to help prevent any children, parents and teachers at the school from becoming unwell following a tick bite.

The non-profit organisation Lyme Disease UK offers awareness materials for teachers and students in their 'Resources' section of their website and you may find these of interest:

<http://lymediseaseuk.com/2017/06/22/school-pack/>

Lyme disease can have serious consequences if left untreated and so it is important that both teachers and parents perform tick checks on students during any high risk activities and ensure that the tick is removed using the correct technique. Information on safe tick removal and preventative measures can be found on Lyme Disease UK's website.

If a person experiences an EM rash (which is not always the classic bull's-eye shape and can be atypical in nature), this means they have definitely contracted the disease and treatment with antibiotics should start immediately without the need for a blood test, in line with the NICE Lyme disease guideline which was published in April 2018. Unfortunately many doctors are still unaware of the guideline's existence and are not following it properly, resulting in patients being under-treated or being tested at the wrong time.

Not everyone with Lyme disease experiences a rash and the blood tests are not always accurate. It is therefore very important to keep an eye out for symptoms and signs of the illness as a clinical diagnosis may need to be made before treatment begins. Some of the early symptoms of Lyme disease may include; Bell's palsy (partial facial paralysis), summer flu, migratory muscle and joint pain, headaches, a stiff neck, fever and chills, general malaise, nausea, headaches, digestive issues, problems with concentration and sudden changes in mood and behaviour.

LDUK also offers informative leaflets and if you feel it would be useful to send children home with this information to educate other parents, please contact the LDUK team at admin@lymediseaseuk.com stating the quantity of leaflets that you require. Thank you for your attention and I hope that you will consider taking action to help prevent our students, teachers and parents from being affected by tick bites and Lyme disease.

Yours sincerely,