

....SAMPLE LETTER
Notification to Parent/Guardian of Tick Found on Student

Dear [*parent/guardian name*]:

This letter is to inform you that a tick was found and removed from your [*son/daughter*], [*student name*], on [*date*].

It is recommended that you call your child's doctor if you notice any signs or symptoms of illness, such as a skin rash, fever, or flu-like symptoms for up to one month following the tick bite.

Ticks found in Maine and other nearby states carry germs that can transmit disease and make people sick. The most common illness caused by ticks that bite and attach for more than 24 hours is Lyme disease.

Year-round tick bite prevention is still the best defense against Lyme disease:

- Wear light colored clothing—it makes it easier to see the ticks that attach to your clothing
- Use repellent with DEET, but use with caution on children.
- Use Permethrin on clothing for extra protection.
- Do a body check for ticks after being outside.
- Look closely—ticks can be as small as the period at the end of this sentence.
- Remove a tick right away. Use fine-tipped tweezers to grasp the tick as close to the skin as possible. Pull upward with steady, even pressure. (Don't twist or turn the tick.) Then be sure to clean the bite area *and* your hands with rubbing alcohol, or soap and water.

For more information about ticks and how to prevent bites visit the Maine CDC website: <http://maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/lyme/tick-prevention.shtml>. If you have any questions regarding your child's health, call your child's healthcare provider.

Sincerely,

[*Signature*]

[*Title*]

