

Heartwood CE VC Primary and Nursery School

White Cross Road, Swaffham, Norfolk, PE37 7RF

Tel 01760 721357 | Fax 01760 720193

office@swaffham.norfolk.sch.uk | www.swaffham.norfolk.sch.uk



Acting Headteacher Mrs Emily McMillen

Ticks and Lyme Disease

What are ticks?

Ticks are small, spider like creatures that feed on the blood of animals, including people. The size of a tick varies, depending on the life-cycle stage, the smallest being as small as a tiny freckle and the largest similar in size to a baked bean.



Where do you find ticks?

Ticks survive in many habitats but prefer moist areas with leaf litter or longer grass, like in Heartwood wood forest or the school playing field. Ticks do not fly or jump. They wait for an animal or person to pass past them, and climb on. They bite and attach to the skin and feed on blood for several days, before dropping off. Ticks are found throughout the year, but are most active between spring and autumn.

Main health risks

Ticks can sometimes transmit microbes that may cause human diseases such as Lyme disease. It is important as a school community we are Lyme disease aware and can seek medical help promptly for diagnosis and treatment. The symptoms can include:

- A flu-like illness, fatigue, headache, muscle and joint pain
- A characteristic expanding rash (Lyme disease bullseye rash, 3 to 30 days after bite)

Lyme disease can be treated with a course of antibiotics.

How we can avoid ticks at Heartwood

Encourage children to walk on the clearly defined paths whilst in forest school

- Wear leggings/jogging bottoms, socks and enclosed footwear all year round
- Wear long sleeved tops all year round
- Carry out a tick check

Carry out a tick check

At the end of each Forest School session children are encouraged to check clothes and brush down legs for ticks. It is important that these checks are carried out at home also, along with checking any pets you may have in the home. Ticks prefer warm, moist places on your body, such as groin, waist, armpits, behind the knee and hair lines, so look out for anything as tiny as a freckle or a speck of dirt. Young children are commonly bitten on the head/scalp so please be vigilant checking around the neck, in and behind the ears and along the hairline.

What if my child is bitten during school?

If a tick is found on your child during school, you will be called and asked to collect them. It is important that the tick is removed as soon as possible to reduce any chance of infection. For guidance on how to remove ticks see:



<https://www.lymediseaseaction.org.uk/about-ticks/tick-removal/>

You can seek advice from your doctor or call the NHS on 111.

Heartwood CE VC Primary and Nursery School

White Cross Road, Swaffham, Norfolk, PE37 7RF

Tel 01760 721357 | Fax 01760 720193

office@swaffham.norfolk.sch.uk | www.swaffham.norfolk.sch.uk

Acting Headteacher Mrs Emily McMillen



Stay calm about ticks

Woodland areas are filled with delightful experiences, and like ticks, some not so delightful aspects as well. Knowing more about when and where ticks are more likely to show up, how to prevent ourselves from being bitten and what to do if you find one helps tremendously.



For more information

<https://www.nhs.uk/conditions/lyme-disease/>

<https://www.gov.uk/government/publications/tick-bite-risks-and-prevention-of-lyme-disease>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/694158/PHE_Tick_Leaflet.pdf