

Lyme Disease

Little River Outdoor School's classroom is the forest, and the Virginia Forests are infested with ticks that can transmit Lyme Disease. It is recommended everyone wear pants and long sleeves, and that clothing and shoes (not skin) be sprayed with DEET and long hair worn up. When you arrive home from school, please shower immediately. This can help rinse away ticks that have not latched on yet. Once showered, check the entire body for ticks. Lyme disease transmission occurs once ticks have been attached for longer than 30 hours. It is possible to contract the disease without ever seeing the tick. It is important to watch for symptoms of Lyme Disease.

Early Signs and Symptoms (3 to 30 days after tick bite)

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes may occur in the absence of rash
- Rash

Later Signs and Symptoms (days to months after tick bite)

- Swollen Knee
- Facial Palsy
- Severe headaches and neck stiffness
- Rashes on other areas of the body
- Arthritis with severe joint pain and swelling, particularly the knees and other large joints.
- Intermittent pain in tendons, muscles, joints and bones
- Heart palpitations or an irregular heartbeat
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness or tingling in the hands or feet

Source: Virginia Department of Health

Centers for Disease Control and Prevention

Parent/Guardian

Signature: _____ Date: _____