

# Tick Bite and Lyme disease Prevention



## Children and Lyme disease

Although anyone can get Lyme disease, children spend a lot of time outdoors and are at particular risk.

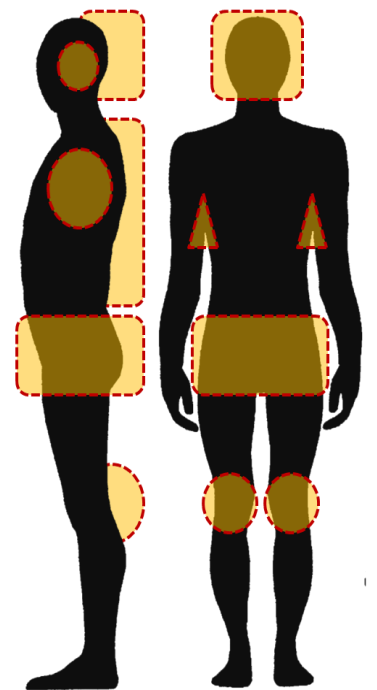
Reasons to suspect that your child may have Lyme disease include:

- ✪ Your family lives in or has visited a region where Lyme disease is commonly found.
- ✪ You know or suspect that your child has been exposed to ticks.
- ✪ Your child is experiencing symptoms such as rash, fever, chills, fatigue, joint or muscle pain, or facial paralysis.

If your child develops symptoms within 30 days of being bitten by a tick, be sure to tell your doctor about their tick bite. If your child has these symptoms and spent time outdoors where Lyme disease is common, it is important to get treatment right away.

## Ways to keep your children “Tick Free”

- ✪ When children are in wooded and brushy areas with high grass and leaf litter, have them wear a light-colored long-sleeve shirt, light-colored long pants and closed-toe shoes.
- ✪ Use insect repellent that contains 20 – 30% DEET. Apply to your child’s clothing and skin according to the label directions. Do not use repellents on children less than six months of age.
- ✪ Clear high grass, brush, and leaf litter around your home.
- ✪ Keep playground equipment away from yard edges and trees.
- ✪ After playing outside, check your child’s skin, hair, scalp, neck, under the arms and behind the ears.



For more information about Lyme disease, visit [www.michigan.gov/lyme](http://www.michigan.gov/lyme) or [www.cdc.gov/lyme](http://www.cdc.gov/lyme)

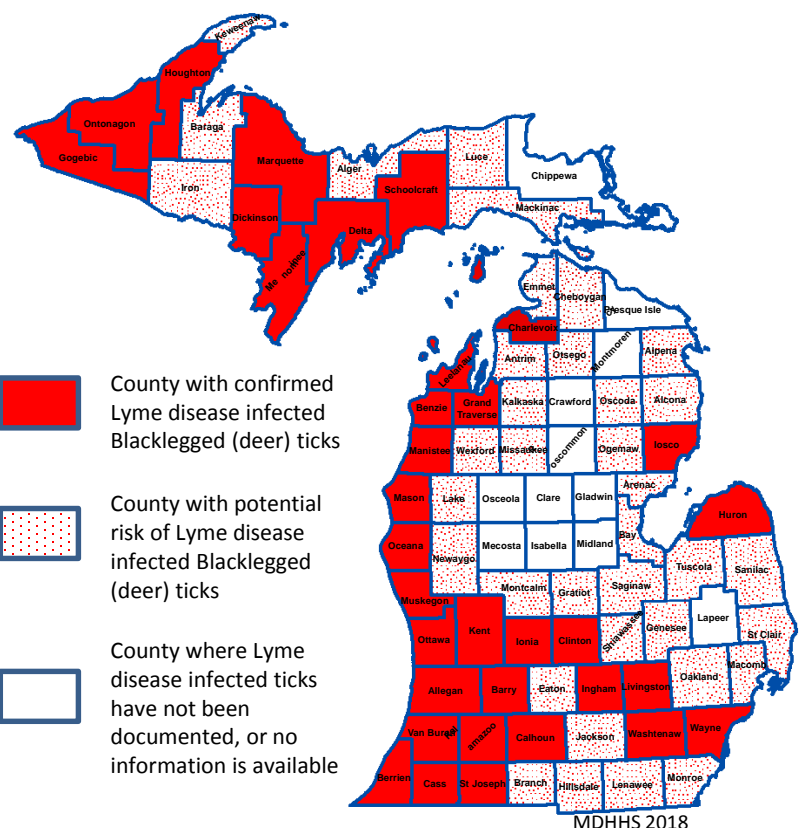
Some materials in this publication have been adapted from the Centers for Disease Control & Prevention publication # CS232422-D.



Emerging & Zoonotic Infectious Disease Section  
333 S. Grand Ave., 3<sup>rd</sup> Floor  
Lansing, MI 48933  
Telephone: 517-335-8165

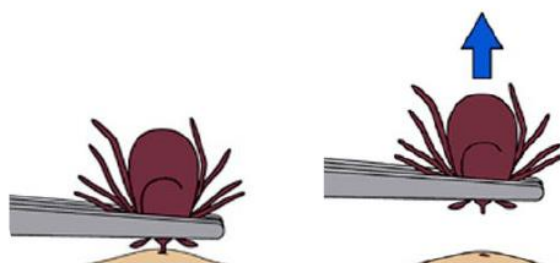
Feel for bumps and look for tiny brown spots, especially in these areas:

- |          |                 |                 |                    |
|----------|-----------------|-----------------|--------------------|
| 1. Scalp | 3. Underarms    | 5. Waist & Back | 7. Pelvic Area     |
| 2. Ears  | 4. Belly Button | 6. Behind Knees | 8. In Between Legs |



## How to remove a tick

1. If a tick is attached to your child, use fine-tipped tweezers to grasp the tick at the surface of the skin.
2. Pull the tick straight up and out. Don’t twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let the skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Your child may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that your child has Lyme disease.



Removing ticks promptly (within 24 hours of attachment) can greatly reduce your risk for tick-borne disease.

The map above shows areas in the state where the tick that transmits Lyme disease has been found. Preventing tick bites is the best way to prevent disease.