

C.K. BURNS SCHOOL
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“WHERE EVERYBODY IS SOMEBODY SPECIAL”

Dr. Timothy Kane
Principal

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Dear Parents,

With spring here and summer on the way, I want to remind you that it is also tick season. Below I've listed some preventative measures as well as signs and symptoms provided by the Maine Bureau of Health and the Maine Lyme Disease workgroup.

LYME DISEASE

Lyme disease is a bacterial, deer tick-borne infection. It may begin as a characteristic skin rash and if untreated, can result in long-term complications.

The first symptom of Lyme disease is usually a red, circular skin rash, which occurs at the site of the bite, but may spread to other areas. It begins about 7-10 days after the bite and gradually enlarges, often with partial clearing in the center so that it resembles a donut. Hives, swelling of the face, redness of the eyes and flu like symptoms (fever, headache, stiff neck, muscle and joint aches and fatigue) may also occur.

Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.

PREVENTATIVE MEASURES

The No Ticks 4 ME approach includes:

- Wearing protective clothing. Light clothing makes ticks easier to see and long sleeves and pants reduces exposed skin for ticks to attach.
- Use an EPA repellent and always follow the labels. Clothing and gear can be treated with Permethrin for longer protection.
- Use caution in tick infested areas. Avoid wooded and brushy areas with high grass and stay in the middle of trails whenever possible.
- Perform daily tick checks. Check for ticks immediately after exiting high risk areas. Bathe or shower (preferably within 2 hours after being outdoors) to wash off and find ticks on your body. Conduct a full-body tick check. Also examine clothing, gear, and pets.

Call your physician if you question a rash and think a tick may have bitten you. You may also get information from the Maine Lyme Disease workgroup.

The University of Maine Cooperative Extension office offers free tick identification. More information is available on their website: <https://extension.umaine.edu/ipm/tickid/>

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Additional information can be found on the Maine CDC website