



Loving, Learning, Living

Headteacher Mrs Suzanne Connolly

Felton C of E First School • Mouldshaugh Lane • Felton • Morpeth • Northumberland • NE65 9PY • 01670 787315

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Dear Parents/Carers

Ticks and our great outdoors

Following our rather damp start to the year and now that the temperature is warming up, it appears that the number of Ticks is on the rise. We have been made aware that a small number of children may have picked one or two up. This is a problem in a rural environment at this time of year, wherever and whenever people come into contact with long vegetation, so I have included below some information that explains a bit more about Ticks.

The key message is that you should check your child for ticks whenever they have been in areas with long vegetation and when they have had an outdoor learning session at school. We will try to reduce the risk of children picking up ticks at school by making sure that children are dressed appropriately for outdoor learning. You can help us with this by ensuring that your child has the correct clothing for outdoor learning in school (Wellies, warm socks, tracksuit bottoms). **We cannot remove ticks from your child.** So, please check your child, and follow the advice on the information included with this letter if you find that they have picked up a tick.

Further advice on tick bites, their removal and treatment and associated diseases can be obtained from the following websites:

www.lymediseaseaction.org.uk/ticks.htm
www.nhsdirect.nhs.uk

It is important that ticks are removed correctly and the area treated after removal. The tick should be kept in an appropriate container in case infection should occur at a later date so that a diagnosis can be made.

Many thanks

Iain Long
Office Manager

Headteacher – Mrs Suzanne Connolly

Alternative formats available on request

How do I remove a tick?

Your main aims are to remove the tick promptly, to remove all parts of the tick's body and to prevent it releasing additional saliva or regurgitating its stomach contents into your bite wound.

DO use a proprietary **tick removal tool*** (online and from many vets and pet shops), and follow the instructions provided. Two common types of removal tool available are illustrated on this page; the hook and the loop are designed to be twisted to facilitate removal.

These tools will grip the head of the tick without squashing the body.



* Alternative Methods : With **pointed tweezers (not blunt eyebrow tweezers!)** grasp the tick as close to the skin as possible; without squeezing the tick's body, pull the tick out without twisting (it is difficult to twist tweezers without separating the tick's head from its body) – there may be considerable resistance.

Illustrations are for general guidance and do not represent any particular species.

If no tools are available, rather than delay use a **cotton thread**. Tie a single loop of cotton around the tick's mouthparts, as close to the skin as possible, then pull upwards and outwards without twisting.



DO start by cleansing the tweezers/tool with antiseptic. After tick removal, cleanse the bite site and the tool with antiseptic.

DO wash hands thoroughly afterwards.

DO save the tick in a container in case a doctor asks for evidence that you have been bitten (label it with date and location). Public Health England is also currently running a scheme to investigate ticks – see below.

DO NOT squeeze the body of the tick, as this may cause the head and body to separate, leaving the head embedded in your skin.

DO NOT use your fingernails to remove a tick. Infection can enter via any breaks in your skin, e.g. close to the fingernail.

DO NOT crush the tick's body, as this may cause it to regurgitate its infected stomach contents into the bite wound.

DO NOT try to burn the tick off, apply petroleum jelly, nail polish or any other chemical. Any of these methods can cause discomfort to the tick, resulting in regurgitation, or saliva release.