

**Your child may have been exposed to:**

# Lyme Disease

## Quick Help

### If you think your child has Lyme Disease

Inspect children's skin and scalps after possible tick exposure.

### Need to stay home?

No.

### Prevention

- Avoid tick habitats (eg, tall grassy areas, bushes, wooded areas) if possible. Walk in the center of trails to limit brushing against trees, bushes and high grasses.
- If children will be in tick-infested areas, dress them with hats, light-colored clothing, long sleeves, long pants tucked into socks and closed shoes
- Spray permethrin on clothing to prevent tick attachment. Apply the spray to the clothing when it is off the child in a well-ventilated area outdoors. Some clothing comes from the manufacturer permethrin-treated.
- **DO NOT USE DEET IN CHILDREN YOUNGER THAN 2 MONTHS.**

**Lyme disease is an infection caused by a bacteria that is transmitted when particular types of ticks attach to a person's skin and feed on that person's blood.**

### Symptoms

- Gradually expanding, large, circular or oval-shaped rash with central clearing that appears after a tick bite.
- Fever
- Headache
- Mild neck stiffness
- Flu-like symptoms

### Spread

When infected ticks attach to and feed on humans long enough (more than 36 hours).

### Contagious Period

Lyme disease is not contagious.

### Call your Healthcare Provider

- Lyme disease is treatable with antibiotics. Consult with your physician if you begin displaying symptoms or have had tick exposure for an extended period of time (36 hours or more).

For more information, please visit or call:  
Oldham County Health Department  
1786 Commerce Parkway, LaGrange KY 40031  
502-222-3516 ext. 136  
[www.oldhamcountyhealthdepartment.org](http://www.oldhamcountyhealthdepartment.org)

