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Dear Parent or Guardian,

Ticks can transmit disease and make people sick. A common illness caused by ticks in Pennsylvania is Lyme disease. Not all tick bites lead to Lyme disease. We advise that you record the date on which the tick was removed. It is recommended that you seek medical treatment from your child's doctor promptly if you notice any early signs or symptoms of illness within three (3) to thirty (30) days of the date of removal.

Some people with Lyme disease will get a bull's-eye rash. Others may have an atypical rash. Not everyone who has Lyme disease gets a rash. Other symptoms which may occur during the early stages Lyme disease include chills, fever, headache, tiredness, stiff neck, joint pain or swelling and swollen lymph nodes. Lyme disease is treated with antibiotics. If untreated, infection may progress to joint, heart, brain or nerve abnormalities.

More information and resources on Ticks can be found on the [Pennsylvania Department of Health's website](#) but please contact your child's physician if there are any medical concerns. Information can also be found at <https://palyme.org/>.

You may choose to have the tick tested for basic diseases, free of charge, through the Tick Research Lab of Pennsylvania at <https://www.ticklab.org/>. Simply register online and then mail in the tick with the registration form. They will send you the results within 3 business days. Note that the PA Department of Health advises that a negative tick test does not rule out disease nor does a positive test indicate you have been infected. Always consult your doctor if your child is showing symptoms of Lyme disease. Feel free to contact your school nurse if you have additional questions.

PA Dept of Health



PA Lyme Network



Tick Lab Testing



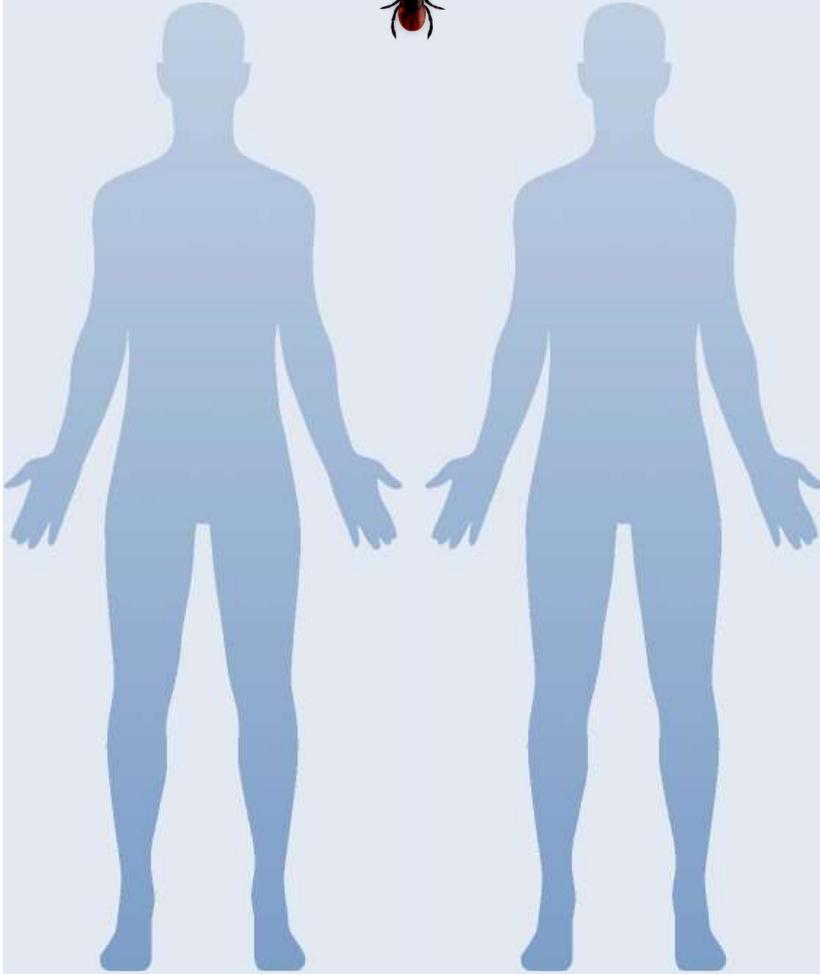
# Health Room Tick Removal Reporting Form

## A tick was removed from your student.

Ticks can transmit disease and make people sick.

### Tick removed from:

Circle the area where the tick(s) was removed on the picture below.



Front

Back

Student Name \_\_\_\_\_

Date \_\_\_\_\_

| Tick Location on Body | Number of Ticks Removed |
|-----------------------|-------------------------|
|                       |                         |
|                       |                         |

**Please monitor your child for symptoms of tick-borne disease for 30 days.**



### More common:

- Rash
- Fever
- Joint or body aches
- Headaches

### Less Common:

- Nausea
- Vomiting
- Diarrhea



**If your student shows any of these symptoms, see a health care provider.**

**Lyme disease is a common illness caused by ticks in Pennsylvania.**

Seek medical treatment for your child if you notice any symptoms within 3 to 30 days after tick removal

Not all tick bites lead to tickborne diseases like Lyme disease.

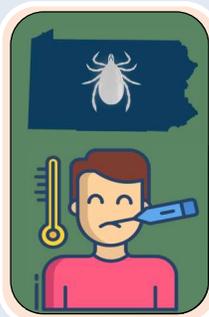


Pennsylvania  
**Department of Health**



For more information on tickborne diseases call **877-PA-HEALTH** or **scan the code** ([health.pa.gov/ticks](http://health.pa.gov/ticks))

# More About Ticks and Tickborne Diseases

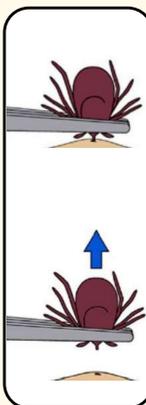


Ticks found in Pennsylvania may carry germs that can make people sick.

The most common illness caused by tick bites is Lyme disease. Not all ticks can make you sick. Ticks must be attached for at least 24 hours to give you Lyme disease.

## How to Remove a Tick

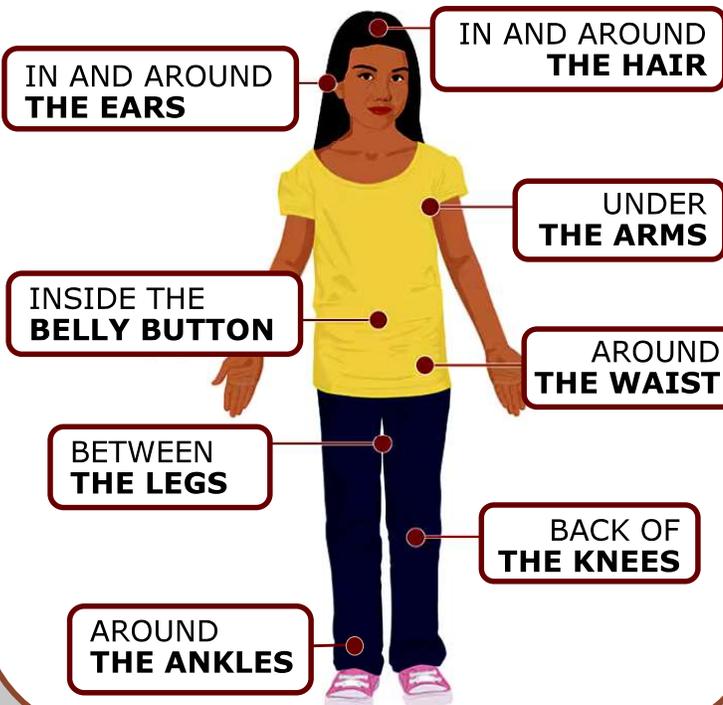
1. Grasp tick **close to the skin** with tweezers.
2. Pull the tick **straight up**.
3. **Contain tick** by placing it in a plastic bag or tape.
4. **Wash bite area** well with soap and water.



**DO NOT!**

- × Cover the tick with petroleum jelly
- × Use a match or fire to remove
- × Wait for the tick to fall off

## Where to Check Yourself for Ticks



Year-round prevention is the best defense against tickborne diseases.



Treat shoes, gear, and clothing with **0.5% permethrin**.



Use **insect repellents** that contain DEET, picaridin, IR3535, or oil of lemon eucalyptus.



- **Check for ticks** all over your body.
- **Help** young children with tick checks.
- **Look closely**, ticks can be very small.
- If you find a tick, **remove it** immediately.
- If possible, **shower** after spending time outdoors to help rinse off ticks that may be crawling.

