**Sample letter: Lyme letter for use in schools (English)**

Re: Blacklegged ticks and Lyme disease Dear Parent, Guardian, Student:

As temperatures rise and the days become longer we are more likely to be participating in outdoor activities. This time of year it is important to be careful in areas where there may be a lot of blacklegged ticks. These ticks can carry the germ that causes Lyme disease. These locations include areas in Halifax Regional Municipality, Lunenburg County, Pictou County, Shelburne County, Yarmouth County and Queens County. The areas can be seen on maps at the following website: [***http://www.novascotia.ca/dhw/cdpc/lyme.asp***](http://www.novascotia.ca/dhw/cdpc/lyme.asp)

Lyme disease can be prevented by:

* applying insect repellents containing DEET or Icaridin to exposed skin and clothing
* wearing long sleeved shirts and pants, closed shoes and tucking pant legs into socks
* checking skin and scalp for attached ticks - this is important since blacklegged ticks have to stay attached for more than 24-36 hours to cause infection with Lyme disease
* staying in the middle of paths away from grass and shrubs

These precautions are recommended if you or members of your family spend time in the brush or forests in the above areas.

More information can be found in the Department of Health and Wellness pamphlet and website [***http://www.novascotia.ca/dhw/cdpc/lyme.asp***](http://www.novascotia.ca/dhw/cdpc/lyme.asp)or from your local Public Health office.

**Nova Scotia Communicable Diseases Manual**

Sample Letter 1