



PREVENTION IS BEST

- stay in middle of well cleared path
- wear light coloured clothing so tick can be seen
- tuck in pant legs and shirt
- apply a safe insect & tick repellent - ewg.org
Nature's Cloak Repellent or Mosquito Shield Preactive Insect Repellent
- check child frequently • check gear • check pets

WHAT TO DO IF YOU FIND A TICK ON YOUR CHILD

- stay calm
- remove the tick correctly - with a steady hand grasp the mouth parts of the tick, not the body & slowly pull the tick straight out
- immediately wash the area
- apply an antiseptic to the area with tea tree oil
- note the site of the bite, watch for changes
- collect the tick and get it tested at health unit
- ask your doctor about prophylactic antibiotics
- support the gut with probiotics
- get regular chiropractic care to boost immunity
- if your child shows signs of Lyme's disease, get to your doctor
- share this information with others
- for more info: www.lifehousechiropractic.ca/blog/

TICK WARNING!!!



SIGNS OF LYME'S DISEASE



EARLY LOCALIZED STAGE

1

(days to weeks after tick bite)

- Skin rash, commonly a circular or bullseye rash around bite
- Headaches or stiff neck
- Flu-like ailments, including fever or chills
- Muscle or joint pain
- Profound fatigue/lack of energy
- Swollen lymph nodes

3 LATE STAGE LYME

(months to years after tick bite)

- Arthritis, often in the knee or near the point of infection
- Nervous system problems including numbness and tingling in hands, feet, or back
- Severe headaches/migraines
- Problems with memory, hearing, and vision
- Stiff neck
- Chronic fatigue
- Problems with mood or sleep
- Inflammation of the brain
- Inflammation of the heart

EARLY DISSEMINATED STAGE

2

(weeks to months after tick bite)

- Expanding skin rash
- Pain or numbness in arms and legs
- Extreme joint pain
- Profound fatigue
- Headaches and lack of energy
- Fainting
- Bell's palsy (facial paralysis)
- Poor memory or inability to concentrate
- Heart palpitations

SPECIFIC TO KIDS

PLEASE NOTE in children, symptoms of Lyme may also include:

- behavioral changes (anxiety, depression, fears, OCD behaviors, tantrums/rages)
- tics
- developmental regressions (i.e., deterioration in handwriting)
- brain fog
- slowed cognitive processing
- memory problems