



To all Parents

Frankfurt am Main
7th March 2024

Tick Information

Dear Parents,

With the rising temperatures, ticks become active again. The main season for ticks is between April and October, when temperatures are above 10°C.

Ticks are small flat insects which live in high grass and bushy areas where they can reach animals and humans. They wait until a host passes by and then embed their head into the skin, where they then suck the blood. Hosts can be animal or human.

On a human host, the more common areas where ticks are found are: armpits, groin, back of the knees, behind the ears and along the hairline, wherever there is thin skin.

Some ticks transmit the following diseases:

- [FSME](#) (virus) - meningitis type illness, this can be prevented by a vaccination.
- [Borreliosis](#) (bacteria) - also known as Lyme Disease, this can be treated by antibiotics.

You should remove a tick as soon as possible to reduce the risks of the above mentioned diseases. If you are unable to remove the tick yourselves, please contact a doctor.

Removal procedures:

1. Grasp the tick as close to the skin as possible using an appropriate tick remover tool, such as pointed curved tweezers
2. "Tick remover" cards can also be purchased at your local pharmacy.
3. Remove the tick slowly, vertical to the skin
4. Take care not to squeeze the body of the tick
5. Disinfect the affected area

Please do not try to remove ticks using oil, glue, matches or burning.

During visits to tick infested areas, you should check yourself and your children immediately after returning home. It is advised to wear light colored clothing which makes ticks easier to find, long sleeves and trousers, tucked into socks.

Remove and wash your clothes after returning home, and check yourself carefully for ticks. The tick bite is usually painless and most people do not even realize that they have been bitten.



If bitten, please observe the affected area for a few weeks. Contact your doctor if any of the following symptoms develop:

- Rash around the affected area of a radius of 5 cm
- Any flu like symptoms 1 to 4 weeks after receiving a bite
- Headache
- Fever
- Stiff Neck
- Painful joints or limbs
- Swollen lymph nodes

Information on vaccination and risk areas are available on the [RKI](#) website.

If you have any further questions, please do not hesitate to contact me or your child's pediatrician.

Best regards,

Evelin Best
School Nurse