

# Resources for Families and Individuals with Pets

Pets and Ticks.....	2
<i>Reducing the Risk of Transmission to pets</i> .....	2
CDC Guides for Parents:.....	3
CDC Guide for Pregnant Women .....	4
CDC Crossword Puzzle for Kids .....	5

## Pets and Ticks

Pets are extremely susceptible to tick bites and tick-borne diseases when they go outside. They also make great “vehicles” for ticks to access a home

### *Reducing the Risk of Transmission to pets*

- Check your pets daily for ticks, especially after being outside
- Remove any ticks immediately
- Watch for behavioral changes in your dog such as decreased appetite, limping and an increase in lethargy
- Ask your veterinarian to check for ticks at each exam
- Follow the steps to reducing ticks in your yard listed in the Resources for Community Wide Initiatives section of this toolkit
- Talk to your veterinarian about using tick preventatives, such as permethrin, on your pets
- If approved by a veterinarian use acaricides on dogs with caution
  - Cats are very sensitive to chemicals so always consult a veterinarian about using tick repellents on cats

\*For more information: [http://www.cdc.gov/lyme/prev/on\\_pets.html](http://www.cdc.gov/lyme/prev/on_pets.html)



## CDC Guides for Parents:

English:

### Lyme Disease Guide for Parents

[http://www.cdc.gov/lyme/resources/toolkit/factsheets/10\\_508\\_Lymedisease\\_Parent.pdf](http://www.cdc.gov/lyme/resources/toolkit/factsheets/10_508_Lymedisease_Parent.pdf)

Spanish:

### Guía de la enfermedad de Lyme para los Padres

[http://www.cdc.gov/lyme/resources/toolkit/factsheets/10\\_508\\_Lymedisease\\_Parent\\_SPANISH.pdf](http://www.cdc.gov/lyme/resources/toolkit/factsheets/10_508_Lymedisease_Parent_SPANISH.pdf)

Portuguese:

### Guia da doença de Lyme para Pais

[http://www.cdc.gov/lyme/resources/toolkit/factsheets/10\\_508\\_ChildrenLymedisease\\_BrazilianPortuguese\\_FACTSheet.pdf](http://www.cdc.gov/lyme/resources/toolkit/factsheets/10_508_ChildrenLymedisease_BrazilianPortuguese_FACTSheet.pdf)

**Ticks and Lyme Disease**

**Children and Lyme disease**

Although anyone can get Lyme disease, children spend a lot of time outdoors and are at particular risk.

Reasons to suspect that your child may have Lyme disease include:

- Your family lives in or has visited a region where Lyme disease is commonly found
- You know or suspect that your child has been exposed to ticks
- Your child is experiencing symptoms such as rash, fever, chills, fatigue, joint or muscle pain, or facial paralysis

Children sometimes experience joint pain as their first, and possibly only, symptom of Lyme disease. If you suspect that your child may have Lyme disease, seek care promptly.

**What to expect from your child's appointment**

If the doctor thinks that your child has Lyme disease based on symptoms and possible exposure, your child will most likely receive 2-4 weeks of antibiotics.

If your child's symptoms are not clear-cut, the doctor may decide to have your child's blood tested. Keep in mind that blood testing is more accurate the longer the child has been infected. A blood test for Lyme disease will may not appear positive until 2-3 weeks after infection. Therefore, a doctor may order a later, second test if the first test was negative.

**Treatment of Lyme disease in children**

- A typical treatment for children less than 8-years-old would include oral amoxicillin three times daily for 2-4 weeks. Children who are allergic to amoxicillin would most likely receive cefuroxime axetil twice daily instead.
- A typical treatment for children over 8-years-old would include doxycycline twice daily for 2-4 weeks. Children who are allergic to tetracyclines would receive amoxicillin or cefuroxime axetil instead.

For more information about Lyme disease, visit <http://www.cdc.gov/lyme>

National Center for Emerging and Zoonotic Infectious Diseases  
Division of Vector Borne Diseases | Bacterial Diseases Branch

CDC

## CDC Guide for Pregnant Women

English:

### Lyme Disease and Pregnancy

[http://www.cdc.gov/lyme/resources/toolkit/factsheets/10\\_508\\_Lyme%20disease\\_PregnantWoman\\_FACTSheet.pdf](http://www.cdc.gov/lyme/resources/toolkit/factsheets/10_508_Lyme%20disease_PregnantWoman_FACTSheet.pdf)

Spanish:

### Enfermedad de Lyme y el Embarazo

[http://www.cdc.gov/lyme/resources/toolkit/factsheets/10\\_508\\_Lyme%20disease\\_PregnantWoman\\_FACTSheet\\_SPANISH.pdf](http://www.cdc.gov/lyme/resources/toolkit/factsheets/10_508_Lyme%20disease_PregnantWoman_FACTSheet_SPANISH.pdf)

Portuguese:

### Doença de Lyme e Gravidez

[http://www.cdc.gov/lyme/resources/toolkit/factsheets/10\\_508\\_Lymedisease\\_PregnantWoman\\_BrazilianPortuguese\\_FACTSheet.pdf](http://www.cdc.gov/lyme/resources/toolkit/factsheets/10_508_Lymedisease_PregnantWoman_BrazilianPortuguese_FACTSheet.pdf)

**Ticks and Lyme Disease**

**Pregnancy and Lyme disease**

**Reasons to suspect that you have Lyme disease include:**

- You live in a region where Lyme disease is common
- You are experiencing symptoms such as rash, fever, chills, exhaustion, joint or muscle pain, or facial paralysis

Untreated, Lyme disease can be dangerous to your unborn child. Lyme disease that goes untreated can also cause you to have brain, nerve, spinal cord, and heart problems. With early treatment, these complications can be prevented. If you suspect that you may have Lyme disease, see your physician.

**What to expect from your appointment**

If your doctor thinks that you may have Lyme disease based on your symptoms alone, you will receive 2-4 weeks of antibiotics, most likely amoxicillin.

If your symptoms are not clear-cut, your doctor may decide to have your blood tested. Keep in mind that blood testing is more accurate the longer you have been infected. A blood test for Lyme disease may not appear positive until 4-6 weeks after infection.

**Treatment of Lyme disease in pregnancy**

- No life-threatening effects on the fetus have been found in cases where the mother receives appropriate antibiotic treatment for her Lyme disease.
- In general, treatment for pregnant women is similar to that of non-pregnant adults, although certain antibiotics, such as doxycycline, are not used because they can affect fetal development.
- A typical treatment would include oral amoxicillin 500 mg three times daily for 2-3 weeks. Women who are allergic to amoxicillin would most likely receive 500 mg cefuroxime axetil twice per day.

**Lyme disease and breastfeeding**

There are no reports of Lyme disease transmission from breast milk.

For more information about Lyme disease, visit <http://www.cdc.gov/lyme>

National Center for Emerging and Zoonotic Infectious Diseases  
Division of Vector Borne Diseases | Bacterial Diseases Branch

CDC

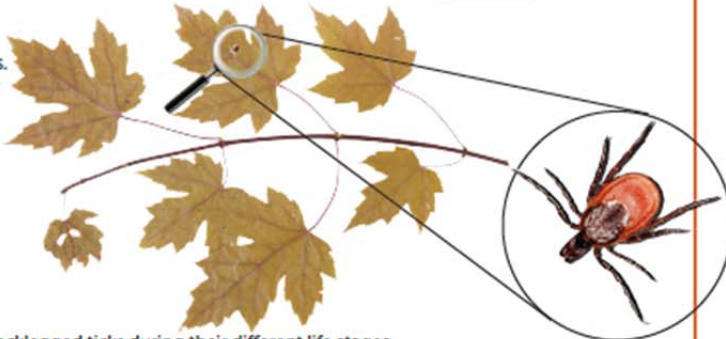
## CDC Crossword Puzzle for Kids

- [http://www.cdc.gov/lyme/resources/toolkit/Final\\_LymeDiseaseCrossword\\_apr2010.pdf](http://www.cdc.gov/lyme/resources/toolkit/Final_LymeDiseaseCrossword_apr2010.pdf)
  - This crossword puzzle contains brief information on what ticks are, where they live and how to find them on your body. It can be completed with kids while talking about Lyme disease and the preventative methods listed throughout this toolkit that the family can take to reduce tick bites in the home

### Don't Let a Tick Make You Sick!



**What is a tick?**  
Ticks are related to spiders. They have 8 legs. But they don't spin webs and they don't eat insects. All ticks are small, but blacklegged ticks (sometimes called deer ticks) are **very** small. This is a blacklegged tick close-up:




This is the actual size of blacklegged ticks during their different life stages:

• • • •

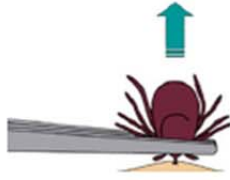
They are so tiny, it's easy to mistake them for freckles or dirt. Sometimes they're hard to see at all! Would it be hard to find these on a pet?

**Where do ticks live?**  
Ticks live in places where there is a lot of tall grass, shrubs, and leaves. Ticks wait for an animal (like a deer, a mouse, or a dog) or a person to walk by. Then they grab on to the animal or human.




**How do ticks bite us?**  
After climbing on a person or animal, ticks find a good place to attach themselves. They might hide in your hair, or behind the knee, even in your underwear! Then, the ticks bite into a person or animal's skin and start drinking their blood. Tick bites don't usually hurt, so you may not even notice it. The tick can stay attached for a few days. When it is full, it will fall off.

**What if I find a tick on me?**  
If you find a tick on your body, tell your parents or a teacher. They can use tweezers to pull it off. Then they should wash the bite with soap and water or disinfectant.



An adult should use narrow tweezers to pull the tick straight up and out.

National Center for Emerging and Zoonotic Infectious Diseases  
Division of Vector-Borne Diseases | Bacterial Diseases Branch



CS278311A