

Lyme Disease: Preventing Lyme Disease in Children

AUDIO: Music without lyrics playing in the background of the entire video.

VISUALS: A woman, Christy, appears in her kitchen.

AUDIO OF CHRISTY TALKING: *I really just didn't think it was a tick. It was just so small. I just thought maybe it was a crumb.*

TITLE TEXT APPEARS: Lyme Disease. Subtitle: Preventing Lyme disease in children. CDC logo below and centered.

VISUALS: Photo and video of Madysen playing outside on a playset.

AUDIO OF CHRISTY TALKING: *Madysen, she likes to play outside. We have a playset back there. It's like a little playhouse with a slide and she was eating a brownie. I was just going to dust it off. My mom instantly pulled it off. And it was a tick.*

VISUALS: Christy is speaking in her kitchen.

NAME GRAPHICS APPEAR: Christy, Virginia

TEXT GRAPHICS APPEAR: Madysen's grandmother and Christy found something on her neck. Blue background animates to highlight the words, "found something on her neck."

GRAPHIC: Close-up photo of a tick is shown.

TEXT GRAPHICS APPEAR: *Lyme disease is a bacterial infection spread to people through the bite of blacklegged ticks.* Blue background animates to highlight the words, "bacterial infection."

VISUALS: Dr. Christina Nelson appears in her office.

NAME GRAPHICS APPEAR: Dr. Christina Nelson. Pediatrician | Centers for Disease Control and Prevention.

AUDIO OF DR. NELSON TALKING: *Blacklegged ticks, which can carry the bacteria that cause Lyme disease, are quite small. Adults are about the size of sesame seeds and nymphs are even tinier. They're about the size of a poppy seed.*

VISUALS: Photo of an adult blacklegged tick and nymph blacklegged tick on a finger. Labels animate. Image transitions to Christy speaking in her kitchen.

AUDIO OF CHRISTY TALKING: *It was so small. I didn't know they could be so tiny.*

VISUALS: Video of a little girl playing with flowers outside.

AUDIO OF CHRISTY TALKING: *I didn't think that it would be a concern because the grass wasn't tall and I just didn't think it would happen out there. And it definitely is serious.*

VISUALS: Dr. Nelson is seen in her office.

AUDIO OF DR. NELSON TALKING: *There are things you can do to prevent tick bites. It's important to use an EPA-registered repellent.*

TEXT GRAPHICS APPEAR: Protect yourself from tick bites. Highlighted below: Use EPA-registered insect repellent.

GRAPHIC: Bug spray icon shown.

AUDIO OF DR. NELSON TALKING: *Wear long-sleeved shirts and pants.*

TEXT GRAPHICS APPEAR: Protect yourself from tick bites. Highlighted below: Wear long-sleeved shirts and pants.

GRAPHIC: Long-sleeve shirt and pants icons shown.

AUDIO OF DR. NELSON TALKING: *Buy clothes that are pre-treated with permethrin, or you can buy the spray and treat your own clothes.*

TEXT GRAPHICS APPEAR: Protect yourself from tick bites. Highlighted below: Wear clothes treated with 0.5% permethrin.

GRAPHIC: Bug spray and long-sleeve shirt icons shown.

AUDIO OF DR. NELSON TALKING: *And you can also shower within two hours of coming indoors to help wash off any ticks that are not attached.*

TEXT GRAPHICS APPEAR: Protect yourself from tick bites. Highlighted below: Shower within 2 hours of coming indoors.

GRAPHIC: Shower icon shown.

VISUALS: Dr. Nelson reappears.

AUDIO OF DR. NELSON TALKING: *Children are more at risk for tick bites because they are lower to the ground. Ticks are most likely to be in brushy, grassy, or wooded areas. But it is important to remember that ticks can bite in the lawn or in the garden.*

TEXT GRAPHICS APPEAR: Ticks are most likely to be found in brushy, grassy, or wooded areas. Blue background animates to highlight the words, “brushy, grassy, or wooded areas.”

VISUALS: Kids play outdoors — running on a lawn, playing soccer in the grass, and in a garden.

AUDIO OF DR. NELSON TALKING: *After coming indoors, be sure to look for ticks. We do recommend doing a head-to-toe tick check. Start with the head, check in the hair, behind the ears. Ticks like to crawl towards the belly button or armpits. So check all those areas. And then move systematically down the body.*

GRAPHIC: Head-to-toe tick check illustration of a blue figurine.

TEXT ANIMATES ON GRAPHIC: In and around the hair, in and around the ears, under the arms, inside the belly button, around the waist, between the legs, back of the knees.

VISUALS: Dr. Nelson is seen speaking in her office.

AUDIO OF DR. NELSON TALKING: *It’s important to get the tick off as soon as possible. You can actually remove the tick yourself. Grab the tick either with tweezers or your fingers at the base where it’s attached to the skin and pull with gentle, steady pressure away from the skin.*

GRAPHIC: Animated illustration demonstrates tick removal with tweezers and fingers. Tweezers and fingers are seen pulling the tick away from the skin.

AUDIO OF DR. NELSON TALKING: *A tick bite is high-risk for Lyme disease if the bite was caused by a blacklegged tick.*

TEXT GRAPHICS APPEAR: A tick bite is high risk for Lyme disease if... The bite was caused by a blacklegged tick (highlighted in blue).

GRAPHIC: Pictures of nymph and adult ticks.

AUDIO OF DR. NELSON TALKING: *If the tick is engorged, meaning it's full of blood, that indicates it's been attached for at least a day or two.*

TEXT GRAPHICS APPEAR: A tick bite is high risk for Lyme disease if... The bite was engorged (highlighted in blue).

GRAPHIC: Images of flat and engorged ticks.

AUDIO OF DR. NELSON TALKING: *And the bite happened in an area where Lyme Disease is common.*

TEXT GRAPHICS APPEAR: A tick bite is high risk for Lyme disease if... The bite happened where Lyme disease is common (highlighted in blue).

GRAPHIC: Map of the United States showing where Lyme disease is most prevalent in shades of dark purple and light purple. Key explains that dark purple indicates areas with HIGH INCIDENCE of Lyme disease. Light purple indicates some local transmission of Lyme disease. Map zooms in.

AUDIO OF DR. NELSON TALKING: *Within those geographic areas, anyone who spends time outdoors can get tick bites that lead to Lyme's Disease. There is a possibility to prevent Lyme disease after a tick bite. In situations of a high-risk tick bite, a single dose of an antibiotic called doxycycline lowers the risk of Lyme disease, and this is safe for patients of all ages, including children.*

VISUALS: Dr. Nelson is seen speaking in her office. Image transitions to pharmacist reviewing medications, then shows a person taking a pill. Dr. Nelson is seen speaking in her office again.

AUDIO OF CHRISTY TALKING: *We took her to the doctor and gave her some antibiotics. It's better to be safe than sorry.*

VISUALS: Interior of a doctor's office is seen.

TEXT GRAPHICS APPEAR: Madysen was prescribed the antibiotic doxycycline and didn't develop Lyme disease. Blue background animates to highlight the words, "didn't develop Lyme disease."

AUDIO OF DR. NELSON TALKING: *Even after taking doxycycline, it's important to continue to look for signs of Lyme disease. If your child develops a fever or a rash, be sure to check with their healthcare provider.*

VISUALS: Dr. Nelson speaking in her office. Child has their temperature taken.

TEXT GRAPHICS APPEAR: Christy continues to check Madysen for ticks. Blue background animates to highlight the words, "continues to check."

AUDIO OF CHRISTY TALKING: *I worry about it a lot more. I'm always looking for them on my daughter and quick to remove them if I do find any. They're so small that you could easily miss them. I just want her to be careful.*

VISUALS: Photo of Madysen playing outside with ducks. Dr. Nelson is seen in her office speaking.

AUDIO OF DR. NELSON TALKING: *You and your family can work together to help prevent Lyme disease and keep your kids healthy.*

TEXT GRAPHICS APPEAR: Learn more at www.cdc.gov/ticks/prevention/index.html. CDC logo below and centered.

AUDIO: Music with no lyrics fades out.