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Dear Parent / Guardian

As the summer approaches and the expedition season reaches its peak, it is prudent of me to send an email reminding you of the dangers of Lyme disease. Lyme disease is spread by ticks and unfortunately all of the areas we use for expeditions have a substantially high tick population. It would be very rare for your son to catch Lyme disease; however it is important that if your son develops a bullet like rash or flu symptoms then you seek medical advice. Please make it clear to your GP that your son may have been exposed to ticks as it is not normal to test for Lyme disease in the first instance. For more information on Lyme disease the NHS Choices website has some excellent advice and information. Once again can I emphasise that it is a rare disease and the chances of contracting it are very low.

Tom Churchill

Duke of Edinburgh's Award at BWS