



# LYME DISEASE IN CHILDREN AND ADOLESCENTS

## IDENTIFYING LYME IN THE SCHOOLS

How a child or adolescent with undiagnosed Lyme disease might present to:

### The Teacher

- Lethargy, fatigue
- Moodiness, depression, anxiety
- Withdrawal from peers
- Headaches or other physical complaints
- Behavioral problems
- Speaking and writing difficulty
- Declining school attendance
- Difficulty remaining in class
- Early morning absences
- Erratic academic performance
- Declining grades
- Attentional disorders
- Poor concentration and memory
- Tardiness

### The School Nurse

- Frequent headaches
- Joint pain, twitching
- Dizziness, disorientation
- Sleep disturbance
- Sensitivity to sound, light, or other stimulation
- Gastrointestinal symptoms
- Vision problems
- Depression, anxiety, mood swings
- Severe PMS
- Profound fatigue

### The Guidance Counselor

- Difficulty maintaining a full schedule
- Erratic attendance, tardiness
- Difficulty remaining in class
- Behavioral problems
- Decline in academic performance
- Withdrawal from peers
- Change to lower functioning peer group

*Note: Lyme disease symptoms may be persistent or transitory.*

Sandy Berenbaum, LCSW, BCD  
Family Connections Center for Children  
Offices in Brewster, NY and Southbury, CT  
[www.lymefamilies.com](http://www.lymefamilies.com)  
(203) 240-7787