

TICK ALERT!

Your child is scheduled to take part in an outdoor activity in an area where disease-carrying ticks are likely to be encountered. While we will take every precaution to prevent unnecessary exposure, you should thoroughly check your child's body when s/he returns home and for 2 to 3 days following the trip. Below are suggestions on how to protect your child from tick-borne diseases and what you should do if your child has an attached tick. ***Lyme disease and other tick-transmitted infections can be serious!***

REDUCE THE RISK OF A TICK BITE:

1. Avoid tick-infested areas, such as leaf litter and tall grass. Stay off deer trails. Stay on paths and avoid brushing against plants on edges of paths. Avoid the border between fields or landscapes and woods or forests. When resting on logs or stonewalls sit on a piece of plastic or Gore-Tex®.
2. Wear light-colored clothing, long pants and long-sleeved shirt so you can more easily see any ticks. Shorts and short-sleeved clothing is not recommended.
3. Tuck shirt into pants and tuck pants into socks. Wear a hat.
4. Spray outdoor clothing with permethrin until damp. Wear when dry. Apply 20% DEET, picaridin, or BioUD tick repellent to exposed skin Shower as soon as possible after returning home. Keep outdoor clothes outside the home. Avoid putting repellent on hands of small children. ***Follow label directions!***
5. Do a thorough tick check while outdoors, upon returning inside, and for several days following exposure.
6. Ticks, especially nymphal ticks, are tiny (***poppy-seed size***). Try to find and remove them before they attach.

REMOVE AN ATTACHED TICK AS SOON

AS POSSIBLE:

1. Use fine-point tweezers or a special tick-removing tool. Grasp the tick as close to the skin as possible. The longer the tick is attached the greater the risk of infection.
2. Pull the tick straight out with steady, even pressure. ***Never crush the tick or use alcohol, Vaseline, soap, match, etc. to make the tick detach. Aggravating the tick may cause release of infected fluid into the bite.***
3. Place the tick in a small plastic bag or vial with blades of grass, leaf, or moist (not wet) piece of tissue.
4. Note the child's name, date, site of bite, and how long tick was attached.
5. Wash your hands, disinfect the tweezers and bite site. Take the child and tick to a doctor and consider antibiotic treatment to prevent infection. Educate yourself about tick-borne diseases.
6. Visit this website for more information: www.Lymepa.org

CAUTION:

Children should be taught to seek adult help for tick removal. Improper removal can increase risk of disease transmission. Children can be bitten anywhere on their body, but are more often bitten around the head and neck. Ticks also are often found in hair and where clothes fit tightly. Check for several days for attached ticks you may have missed earlier.

Teacher's Name _____

Date of Trip _____

Location of Trip _____