

School Nurse Newsletter

May 2019



Camping, hiking, gardening and just playing outdoors are all great spring activities, but don't forget about the ticks that may share your playing spaces! Now that warmer weather is upon us, it is important to remember that ticks are starting to appear.

Tips to help reduce the risk of tick bites:

- Wear light colored clothing to make it easier to spot ticks crawling on you.
- Wear long pants and socks and tuck your pant legs into your socks.
- Treat your clothing and camping gear with a product containing 0.5% permethrin, carefully following the instructions on the product label.
- Use an insect repellent containing $\geq 20\%$ DEET which have been shown to be effective in repelling ticks and mosquitoes.
- Check yourself, your children, your pets and all clothing as soon as you come back inside. Shower as soon as possible.
- Avoid tick-infested areas, and sitting directly on the ground.
- Avoid sleeping with pets, and allowing pets on your furniture – ticks can travel from your furry animal and onto the skin of your family.

What to do if you are bitten by a tick:

- Remove an attached tick as soon as you notice it—teach children to seek adult help for tick removal.
- Use fine-point tweezers and grasp tick by the head. Remove the tick with a steady pull, straight up, away from the skin. (Never squeeze, twist, or yank the body of a tick, and never put substances or fluids on the tick.) Wash the bite site, and your hands, with soap and water.
- Watch for signs of illness such as rash, fever, or flu-like symptoms. Contact your health care provider if these develop. Many rashes that do develop after a tick bite may not present as the “classic bull’s eye rash.”