

SPRING IS HERE AND SO ARE TICKS!!!



Ticks can make you sick. They can carry diseases such as Lyme disease. They prefer warm and moist habitats such as areas with trees, woodpiles, stonewalls, under piles of leaves or in and around tall grass.

Prevention

- ✓ If you're planning on being in a wooded area for activities such as berry picking, hiking or out riding ATVs, wear long pants tucked into your socks and wear a long-sleeved shirt.
- ✓ Wear light colored clothes so you can easily detect a tick on you.
- ✓ Have an adult help you put on a repellent with 20% DEET which is safe for children at that percentage.
- ✓ Adults: ALWAYS spray hands first, then put on your child's skin, spray out of doors, do not breathe in the bug spray and wash your hands afterwards.
- ✓ An adult can spray your clothes with a chemical called permethrin to deter ticks. Once your clothing is dry it's safe to wear.
- ✓ After playing outside ask an adult to put your clothes in the dryer on high heat for 10 minutes to kill any ticks that may be on your clothing.
- ✓ ALWAYS do a tick check if you have been outside. Ask your mom or dad to check your body, armpits and hair for ticks. You can use a flashlight to see your skin better.
- ✓ Ticks like pets too so be sure to check your furry friends.

What to do if you find a tick on you

- ✓ Tell an adult right away!
- ✓ Adults: The best way to remove a tick is with tweezers.
 - Grab the tick by the head and pull straight up, making sure to remove the entire tick.
 - After removal, place the tick in either rubbing alcohol, a sealed bag/container or wrapped it tightly in tape.
- ✓ Watch for signs of illness such as flu like symptoms or a red bull's eye rash. Seek medical attention right away if symptoms develop.

Your school nurse, Mrs. Annis

Info adapted from tickfreenh.org