

Notes from the Nurse

It has been brought to my attention that the TICKs are back and have started to come home with our students. I would like to provide some information about Preventing Tick Bites and Removing Ticks as well as some resources where you can go for more information. Please share this information with your children. The TGS teachers and staff will be helping to remind and reinforce these ideas with students.

Preventing Tick Bites

- Avoid direct contact with ticks.
 - Walk in the center of trails.
 - Avoid leaning against trees or sitting on old logs.
 - Avoid wooded or bushy areas with high grass and leaf litter.
 - Wear long sleeved shirts and long pants.
 - Tuck pants into boots or socks.
- Repel Ticks with DEET or Permethrin
 - Products containing permethrin can be used to treat clothing and gear, such as boots, pants, socks and tents.
 - Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can be applied to the skin, and they can protect up to several hours. Always follow product instructions! Parents should apply this product to their children, avoiding hands, eyes, and mouth.
 - Other repellents registered by the Environmental Protection Agency (EPA) may be found at <http://cfpub.epa.gov/oppref/insect/>.
- Find and Remove Ticks from Your Body
 - Wear light-colored clothing to more easily find ticks that are crawling on you.
 - Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
 - Examine gear and pets.
 - Shower soon after being outdoors.

Tick Removal

If you find a tick attached to your skin, there is no need to panic. Most tick bites are probably harmless and may cause no problems. Ticks that have never fed, if handled properly, will not cause any harm. The earlier a tick is removed, the less the likelihood that the tick transmitted any disease. Therefore prompt and proper tick removal is very important.

-How to remove a tick

1. Use fine-tipped tweezers and protect your fingers with a tissue, paper towel, or latex gloves. Avoid removing ticks with your bare hands.
2. Grasp the tick as close to the skin surface as possible and pull upward with

steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.

3. After removing the tick, thoroughly disinfect the bite and your hands and the tweezers with rubbing alcohol, an iodine scrub, or soap and water.
4. Once removed, don't crush the tick because you may transmit disease. Rinse it down a sink or flush it down a toilet.

*Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin.

Follow-up

If you begin to experience a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

This information is from the CDC's website (<http://www.cdc.gov/ticks/>) and the emedicine health website (http://www.emedicinehealth.com/ticks/article_em.htm) both of which contain lots of information about ticks and tick borne illness.