Notification of Field Trip

TICK ALERT:

Your child is scheduled to take part in an outdoor activity in an area that ticks may inhabit. While we will take every precaution to prevent unnecessary exposure, a thorough tick check of your child upon returning home would be prudent. Below are suggestions on how to protect your child from tick bites, and what you should do if your child is bitten.

REDUCE CHANCES OF A TICK BITE:

- Avoid tick-infested areas such as the edge of woods, leaf litter, high grass & vegetation.
- Wear light-colored long pants and long sleeves so you can easily see any ticks.
- Tuck shirt into pants & tuck pants into socks. Consider treating clothing with products containing 0.5% permethrin—can be used to treat boots and clothing and remain protective through several washings according to CDC. You can also buy permethrin-treated clothing.
- Consider using Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Follow product directions. EPA repellents
- Wash off repellent after your return.
- Do a thorough tick check upon returning inside.
- Ticks, especially nymphal ticks, are tiny.

WHAT TO DO IF BITTEN:

- Using fine-pointed tweezers, grasp the tick as close to the skin as possible.
- Do not grasp the body of the tick.
- Do not twist.
- Pull the tick straight out with steady, even pressure.
- Place tick in small plastic bag with blades of grass, leaf, or moist (not wet) piece of tissue.
- Note the person’s name, date, site of bite, and estimated duration of attachment.
- Consider having the tick identified & tested by lab or health department.
- Wash your hands, disinfect the tweezers & bite site.
- Consult a doctor to see if treatment is warranted.
- Educate yourself about tick-borne diseases and visit the Lyme Disease Association, Inc. (LDA) website for more information: www.LymeDiseaseAssociation.org

CAUTION:

Children should be taught to seek adult help for tick removal. Improper removal can increase risk of disease transmission. Do not prick, crush, burn or try to smother the tick as it may release infected fluids. Children can be bitten anywhere on their body but are bitten more often around the head and neck. Inspect again at bath time for ticks you may have missed earlier.

Teacher’s Name ________________________________________________________________
Date of Trip ___________________________________________________________________
Location of Trip ____________________________________________________________________________

Please dress your child appropriately