SCHOOL 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 precaution to prevent unnecessary exposure, you should thoroughly check your child’s body when h/she returns home and for 2-3 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 is bitten. Lyme disease and other tick-borne diseases can cause serious illness.

**REDUCE CHANCES OF A TICK BITE**

* Wear light-colored long pants and long sleeves so you can easily see any ticks.
* Wear socks and sneakers. NO sandals!
* Tuck shirt into pants at waist and tuck pants into socks.
* Use DEET on skin and treat clothing with spray containing permethrin. (Wash off repellent after child returns)
* Do a thorough tick check upon returning inside, when child gets home and for several days following exposure. Here’s where to look:
  + Inside and behind the ears
  + Along the hairline
  + Back of the neck
  + Groin
  + Legs
  + Behind the knees
  + Between the toes
* Ticks, especially nymphal ticks, are tiny. Try to find and remove them before they bite.

**Please dress your child appropriately!**

**WHAT TO DO IF BITTEN**

* Use fine-point tweezers andgrasp the tick as close to the skin as possible.
* Pull the tick straight out with steady, even pressure.
* Place the tick in a small plastic bag or vial with blades of grass, leaf, or moist (not wet) piece of tissue.
* Note the child’s name, date, site of bite and how long tick was attached.
* Have the tick identified & tested by a lab, health department or veterinarian.
* Wash your hands, disinfect the tweezers & the bite site.
* Educate yourself about tick-borne diseases and consult a doctor to see if treatment is warranted.
* Visit the MDPH website for more information: www.mass.gov/dph/tick

**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.

