

## TICK SAFETY

### Prevention Tips Include:

- Wear light-colored clothing, which helps you see ticks more easily.
- Wear long-sleeve shirts and tuck your pant legs into your socks.

### EPA Registered Tick Repellents\*

- Consider applying an EPA registered tick repellent containing more than 20% of active Ingredients like **DEET, picaridin or IR 3535** before your student comes to school the day of the field trip. The EPA registration number may be found on the front label. They typically last about 4 hours.
- Products are also available to apply to clothing such as **Permethrin**. They provide extended protection and avoid the risks associated with applying the products to your child's skin.
- Following the label directions for both skin and clothing applied repellents is very important.

### Tick Removal

- Remove ticks from skin as quickly as possible to avoid attachment and remove embedded ticks with fine-point tweezers.
- Do not use petroleum jelly, a hot match, nail polish or other substances. With tweezers, grasp the tick as close to your skin as possible and smoothly pull the tick from your skin. Wash the skin with soap and water and apply an antiseptic cream. Save the tick if possible to show your doctor.
- A rash appearing around the bite area, a flu-like illness and joint swelling or pain may all be symptoms of Lyme disease. It is important to see your health care provider if you have removed a tick and feel ill.

### Early Lyme disease

Ticks transmit bacteria that is the cause of Lyme disease. The tick must attach to human skin for about 24-hours to transfer Lyme disease-causing bacterium. About 20 percent of infected people do not develop a rash but may show early symptoms of the disease, such as fever, headache, and fatigue. Detection in early stages of Lyme disease typically means successful treatment with antibiotics; but left undetected, the disease could cause other health issues.

### More information on ticks is on the websites below:

New York State Center for School Health: <https://www.schoolhealthny.com/ticks>

NYS Department of Health: <https://www.health.ny.gov/diseases/contagious/lyme/>

\*Repellent information was provided by the [NYS Department of Environmental Conservation](#) and University of Rhode Island TickEncouter Resource Center: <http://www.tickencounter.org/>