



Trumbull Health Department
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Dear Parents,

As spring and summer arrive, so does an increase in tick activity across our region. Ticks are commonly found in grassy, wooded, and brushy areas and can be active anytime temperatures are above freezing. The Trumbull Health Department is reminding all families to take simple but important precautions to help prevent tick bites and reduce the risk of tick-borne illnesses.

How to Prevent Tick Bites:

- Dress your child in **long sleeves, pants, and socks** when spending time outdoors in grassy or wooded areas.
- Apply **EPA-registered insect repellents** containing DEET, picaridin, or oil of lemon eucalyptus.
- Stay on **clear, well-traveled paths** and avoid contact with overgrown vegetation.
- After outdoor activities, **check your child carefully for ticks**, especially underarms, behind the knees, around the waist, in and around the ears, and in the hair.
- Have your child **shower within two hours** of coming indoors to help wash off ticks that may not yet be attached.
- **Dry clothes on high heat** for at least 10 minutes to kill any ticks that may be on clothing.

If You Find a Tick on Your Child:

- **Remove the tick promptly** using fine-tipped tweezers. Grasp it as close to the skin's surface as possible and pull upward with steady, even pressure. Clean the area with soap and water.
- **Contact your child's pediatrician.** Only you and your child's provider can determine the best course of action after a tick bite.
- You may choose to bring the tick to the **Trumbull Health Department for testing**. Place the tick in a sealed zip-lock bag (please do not use tape), and we will send it out for laboratory testing. The cost for testing is \$5.00. Results are typically available by email within two weeks. Please note: a positive result means the tick carried a disease, but it **does not confirm transmission** to your child.

Watch for Signs of Tick-Borne Illness:

Early symptoms may include fever, chills, fatigue, headache, muscle aches, or a rash that may appear as a bullseye-shaped pattern. If your child experiences any of these symptoms within a few days to a month after a tick bite or outdoor exposure, contact your pediatrician.

For more detailed guidance on tick prevention, identification, and safe removal, visit the CDC's tick resource page:
<https://www.cdc.gov/ticks/>

Thank you for helping keep our children and community healthy and safe this tick season.

Sincerely,

Susan M. Jacozzi, MPH, CHES
Interim Health Director