



IROQUOIS CENTRAL SCHOOL DISTRICT

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Dear Parents:

It is that time of season where ticks are more prevalent. According to the CDC, tick exposure can occur year-round. Between the months of April through September tick bites and tick-borne diseases occur more often than any other time of year in the United States. Here is some information to help protect you and your family.

Tick-borne diseases can cause mild symptoms of severe infections requiring hospitalization. The most common symptoms of tick related illnesses can include fever/chills, joint aches and pains, and rash. If you or a family member is bit by a tick and then develops a fever or a rash, contact your physician.

Reducing exposure to ticks is the best defense against Lyme disease and other tick-borne infections. Here is what the CDC recommends:

- **Avoid areas with tall grass and leaf litter. Walk in the center of the trails when hiking.**
- **Use repellent that contains 20% or more DEET on exposed skin for protection that lasts several hours. Parents should apply repellent to children; the American Academy of Pediatrics recommends products with up to 30% DEET for kids. Always follow product instructions.**
- **Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks, and tents or look for clothing pre-treated with permethrin.**
- **Treat dogs for ticks. Dogs are very susceptible to tick bites and some tick-borne diseases. Dogs may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly "top spot" medications help protect against ticks.**
- **Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.**
- **Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. Ticks can hide under the armpits, behind the knees, in the hair and in the groin.**
- **Put clothes in the dryer on high heat for 60 minutes to kill any remaining ticks. Remove any ticks right away.**

How to remove a tick:

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Do not twist or jerk the tick; this can cause the mouthparts 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 clean the bite area and your hands with rubbing alcohol, and iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

Recognizing symptoms early and treatment of the infection decreases the risk of serious complications. It is important to see your doctor immediately if you have been bitten by a tick and experience the above symptoms.

For more information, visit <http://www.cdc.gov/ticks> or call CDC Info at 1-800-CDC-INFO.

Sincerely,

Iroquois Central School Nurses