

## Outdoor Field Trip Reminder and Tick Bite Prevention Guidelines

Dear Parents,

This is a reminder that we will be going on a field trip on \_\_\_\_\_ (date) that will take place outdoors. Here are some guidelines your child can follow on the day of the field trip.

### Tick Bite Prevention Tips:

- Wear light-colored clothing, which makes ticks more visible; wear long-sleeve shirts and tuck pant legs into socks.
- Avoid tick infested areas by walking in the center of trails to avoid contact with overgrown grass, brush and leaf litter at trail edges.
- Consider applying an EPA registered tick repellent containing more than 20% of active ingredients like **DEET, picaridin or IR 3535** before your child comes to school the day of the field trip. The EPA registration number may be found on the front label. The protection typically lasts about 4 hours.
- Products such as **permethrin** are also available to apply to clothing. They provide extended protection from ticks.

### Perform Tick Checks:

- Always check for ticks after being outdoors. Early removal can reduce the risk for infection.
- If you find a tick on your child, grasp the tick as close to your skin as possible and smoothly pull the tick from your skin with fine point tweezers. Wash the skin with soap and water.
- Bathe or shower as soon as possible after coming indoors (within 2 hours preferably) to wash off and more easily find ticks that may be crawling on you.

### Early Lyme disease

The tick must be attached to human skin for about 24 hours to transfer Lyme disease-causing bacteria. A rash appearing around the bite area, a flu-like illness and joint swelling may all be symptoms of Lyme disease. About 20 to 30 percent of infected people do not develop a rash but may show early symptoms of the disease, such as fever, headache, and fatigue. If Lyme disease is treated with antibiotics in the early stages, recovery is usually rapid and complete. If left undetected, the disease could cause other health issues.

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

Center for Disease Control and Prevention: <https://www.cdc.gov/ticks/index.html>

Allegheny County Health Department: <https://www.alleghenycounty.us/Health-Department/Resources/Data-and-Reporting/Infectious-Disease-Epidemiology/Lyme-Disease.aspx>