

## *TICKS, TICKS AND MORE TICKS!*

*It's that time of year again! We are seeing a lot of ticks at school as I am sure you are at home.*

*Here are some suggestions for decreasing ticks and for removing once attached:*

- 1. If walking or playing in high grass or fields wear long pants tucked into socks and consider using a tick repellent.*
- 2. Inspect family members and pets after being in tick-infested areas and promptly remove any ticks that are found (ticks most often attach at the neck and scalp).*
- 3. Ticks should be removed using a fine-point tweezers. Grasp the tick just behind the point of attachment and pull slowly and steadily until the tick is dislodged. Do not use Vaseline, matches, or other alternate methods of removal. Wash the bite area, and apply antiseptic if needed.*
- 4. If a child becomes sick within weeks or even months after an attached tick is removed, be sure to tell the family doctor.*

*Ticks are common this time of year and it is recommended that children be checked every night to remove ticks as quickly as possible after they attach or remove them before they attach. The incidence of disease caused by ticks increases when they are attached for longer than 24 hours.*