

((WE RECOMMEND THAT OUTDOOR RESIDENTIAL SCHOOLS CONSIDER ADDING INFORMATION REGARDING TICK-BITE PREVENTION TO PACKING LISTS AND OTHER MATERIALS SHARED WITH TEACHERS AND PARENTS IN ADVANCE OF OUTDOOR EDUCATION VISITS. THE FOLLOWING CAN BE COPIED AND PASTED INTO EXISTING INFORMATION PACKETS))

## TICK-BITE PREVENTION TIPS

Ticks are found in almost every county in California, and in every state of the US, other than Hawaii. Ticks are known to carry bacteria that may cause serious health issues – including Lyme disease. The CDC estimates that there are **620,000+ new cases of Lyme disease in the US every year and Lyme is the fastest-growing vector-borne disease in the United States today**. We will discuss tick-bite prevention with your child and encourage daily tick checks when s/he arrives for outdoor education. However, it is helpful if parents and teachers take some simple steps to educate children about ticks before arrival at our facility. Please tell your child that if s/he finds a tick on their body to talk to an adult. The adults in our program are trained to respond promptly and correctly to a tick bite incident.

In addition to the regular packing list, we recommend that you take steps to helping prevent your child being bitten by a tick while s/he is engaged in outdoor education. Also, we specify here what will happen if your child is bitten by a tick while at our outdoor school.

1. **Consider treating your child's clothing with Permethrin.** This is an insect and tick repellent that can be sprayed on to your child's clothing – especially pants, socks and shoes – and provide a deterrent for ticks. Clothes treated at home with Permethrin are effective at repelling ticks for approximately 5-6 washes. You can purchase Permethrin from outdoor/camping stores, or online from Amazon.com. The product is called Sawyer Permethrin Repellent.
2. If you have time, you can send your child's existing clothing away to be treated for you by a third-party company. One recommended vendor is Insect Shield LLC, 814 West Market Street, Greensboro, NC 27401. It takes approximately one week for clothes to be treated, but **professionally treated clothing is effective for about 70 washes**. You can download the form to get clothing treated from Bay Area Lyme's website at [www.bayarealyme.org/prevention](http://www.bayarealyme.org/prevention)
3. You can also **purchase clothing that has already been treated with tick repellent**. This type of clothing can be found at LL Bean, REI, Columbia Sportswear, Insect Shield and in online stores.
4. **Pack "light-colored" clothing.** Ticks are easier to see on light fabrics.
5. If your child is bitten by a tick while s/he is attending outdoor school, the tick will be removed by one of our trained nurses or EMT staff according to specific guidelines.
6. The tick (if available) will be sent home with your child. The date and location of where your child was bitten will be recorded. The time of the tick's removal from your child's body will also be recorded, along with any immediate symptoms.
7. Information and instructions will come home with the tick to tell you how to check for symptoms, what to do if you think your child is getting sick, and how to have the tick tested for Lyme or other bacteria.

For more information and tips regarding ticks and tick-bite prevention, please visit [www.bayarealyme.org](http://www.bayarealyme.org)