

NEWS FROM THE NURSES

It's Spring! We're now spending more time outside in the tall grasses and woods, please note the following information regarding ticks and tick bites:

To avoid tick bites:

- Wear light colored clothing and tuck pant legs into socks.
- Apply insect repellent to clothing.
- Examine clothing and skin frequently for ticks, especially after being outdoors.
- Carefully remove ticks immediately.

****Remember ticks may carry Lyme and other diseases.****

How to remove a tick:

Using tweezers, grasp tick near the mouth parts, as close to skin as possible.

Pull tick in a steady, upward motion away from skin.

DO NOT use kerosene, matches, or petroleum jelly to remove tick.

Disinfect site with soap and water.

If you have questions or rash/ flu-like symptoms appear, contact your health care provider.

Disease risk is reduced if tick is removed within 36 hours.

For further information, call the Tompkins County Health Dept. @ 274-6616.

Also, a great online resource for tick identification is www.tickencounter.org/

Thanks,

Kelly and Nancy,

Your school nurses