

# TICK TALK



The NCDSB recommends **a full body skin check is completed as soon as possible** after your son or daughter returns from the outdoor education field trip.

Ticks can attach to any part of the human body but are often found in hard-to-see areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair. Parents should also carefully examine coats, clothing and packs.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes.

Lyme disease results from the bite of an infected black-legged tick, also known as a deer tick. Most humans are infected through the bites of immature ticks called nymphs. Nymphs are tiny (less than 2 mm) and difficult to see, usually the size of a poppyseed.

In most cases, the tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted, so a full body check should be conducted within this timeframe.

What if I find an attached tick?

Gently remove any attached ticks with tweezers. Avoid crushing the tick's body. DO NOT use petroleum jelly, a hot match, nail polish, or other products. Grasp the tick firmly and as close to the skin as possible. With a steady motion, pull the tick's body away from the skin. Do not be alarmed if the tick's mouthparts remain in the skin. Cleanse the area with an antiseptic.

What if a rash or other early onset symptoms develop?

See your doctor immediately and tell your doctor about when and where you found the tick. Patients treated with appropriate antibiotics in the early stages of Lyme disease usually recover rapidly and completely. First symptom is often a circular rash, appearing 3-30 days after a tick bite, however, this rash is not always present, so also be aware of other early symptoms such as fatigue, chills, fever, headache, muscle and joint aches and swollen lymph nodes.

For more information visit:

[https://www.niagararegion.ca/living/health\\_wellness/disease-prevent/lyme-disease.aspx](https://www.niagararegion.ca/living/health_wellness/disease-prevent/lyme-disease.aspx)