

## **Ticks and Lyme Disease**

Lyme Disease is a serious disease. For the safety and health of your child and family, please educate yourself about Lyme. The following is intended only as helpful information and suggestions. Lyme Disease is transmitted by ticks, and we do regularly find ticks on campers and staff at Flying Deer. Ticks feed on small mammals (like mice) in their youngest growth stage, medium-sized mammals (like groundhogs) in the middle growth stage, and large mammals (like deer...and humans!) in their oldest growth stage. Therefore, ticks can be found in any habitat containing these animals. In our experience, tick "hotspots" include brushy/grassy areas, forest edges, deer lays and stonewalls.

### **What We Do**

During camp orientation, we educate campers about ticks, Lyme Disease, tick checks and tick removal. We also spend as little time in tick hotspots as possible. If we find ticks at camp, a staff person removes the tick and applies rubbing alcohol. During overnight camps, we have each camper do a tick check at least once a day. We do not do routine tick checks during day camp unless asked by a parent.

### **What You Can Do**

#1. Tick Checks! As soon as possible after every day of camp, your child can put his or her clothing in the washer, take a shower and do a tick check, ideally with a parent's help. Ticks often end up on the backs of knees, waistline, groin and armpits. But look everywhere, including the hair! They can be smaller than the period at the end of this sentence, but are often much bigger.

#2. Tick Removal. If you find a tick, use very fine tweezers and grasp the tick as close to its head (as close to your skin) as possible and slowly pull straight out, trying not to damage the tick body. Disinfect the bite and wash your hands. If you decide to get the tick tested, put it in rubbing alcohol. If not, make sure the tick is dead and out of reach of humans.