



Prevent Lyme Disease

2012 Spring/Summer Newsletter

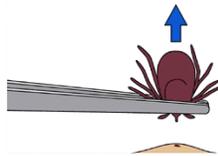
FOLLOW THESE SIMPLE STEPS TO PROTECT YOUR CHILD FROM TICK BITES.

1. Check for ticks daily.

Check skin and clothing. Ticks are tiny, like the size of a poppy seed. Ticks can attach to all areas of the skin but they tend to like warm places. Carefully check at the hairline, in the scalp, in and behind the ears, the back of the knees, the groin area, the armpits, and around the waist. It is best to check everywhere. Remove a tick as soon as possible. For safe tick removal instructions, see below. The risk of getting Lyme disease is reduced if the tick is removed within the first 36 hours.

Safe Tick Removal Procedure

- Using fine tipped tweezers, grab the tick near the mouth parts, as close to the skin as possible.



- Pull tick in a steady, upward motion away from the skin. Do not twist or turn the tick.
- Disinfect the site with soap and water.
- Record date and location of tick bite.
- Removed ticks can be identified for species at the Cornell Cooperative Extension. Call 845-429-7085.

2. Dress to protect.

Always dress children in light or bright colored clothing to see ticks more easily when participating in outdoor activities. On days when children will be in wooded areas, take these precautions:

- Have children wear a long-sleeved shirt and long pants.
- Tuck shirt into pants and tuck pant legs into socks to prevent ticks from attaching to the skin.
- Wear socks and close-toed shoes rather than sandals.
- Tie long hair back or wear a scarf, hat or baseball cap.

3. Shower daily.

When returning inside, do a thorough check of your child's skin for ticks. It is recommended that your child shower. Showering will wash away any ticks before they have time to attach to the skin.

4. Avoid tick infested areas.

Instruct your child to walk in the center of well traveled trails and paths. Avoid stepping in areas of overgrown grass, brush and leaf litter and do not sit directly on the ground, rock walls or on fallen trees.

5. Use an insect repellent.

Carefully follow label directions. Repellents with DEET, which can vary in concentrations, can be used on the skin. Repellents containing Permethrin are only for use on clothing, never on the skin. Remember, repellents contain chemicals. It is best that parents apply repellents to young children, rather than allowing children to apply repellents to themselves. If you decide to use a repellent, it is recommended that you consult your pediatrician for product advice, prior to use on your child.

LYME DISEASE **Most Frequently Reported** **Early Signs & Symptoms**

Fatigue
Chills
Low-Grade Fever
Headache
Swollen Lymph Nodes
Rash
(circular patch or solid red patch that grows larger)
Muscle Aches
Joint Pain

Call your doctor if your child has any of these Lyme symptoms or complains of illness.

For more information on Lyme disease, call the Rockland County Department of Health at 845-364-2501 or visit: rocklandgov.com/health



Rockland County Department of Health
C. Scott Vanderhoef, County Executive
Joan H. Facelle, MD, MPH, Commissioner of Health

