



# Tick Exposure Information



*T*hank you for allowing your child to share the wonders of the Outdoor Lab. School visits are always a special time at the Lab. As with all outdoor adventures, taking a few precautions can help make sure everyone is able to enjoy nature safely. In preparation for your child's trip to the Lab, please review the following information regarding exposure to ticks, prevention strategies, removal of ticks, and signs of an infection post-exposure.

## Ticks at the Outdoor Lab

The Outdoor Lab is a natural wilderness environment and thus carries the potential for exposure to ticks indigenous to the mid-Atlantic region of the US including dog ticks, lone star ticks, and black-legged ticks. (See Figure 1 on pg. 2)

## Preventing Tick Bites

- Wear clothing appropriate for the Lab: long sleeves, long pants, socks, and close-toed shoes.
- Pretreat clothes with products that contain 0.5% permethrin. Permethrin retains protection through several washings.
- Apply insect repellents that contain 20 to 30% DEET to exposed skin but avoiding eyes and mouth. Re-apply every few hours.
- Walk on trails whenever possible.

## After Your Visit

- Bathe or shower as soon as possible to check your entire body.
- Use a mirror to check under arms, in and around ears, on the back, inside the belly button, behind the knees, between the legs, around the waist, and especially in hair.
- Carefully examine clothing for any ticks that may have hitched a ride.
- Wash clothes in hot water and dry on high heat in order to kill any remaining ticks.

## Tick Removal

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

## Follow-Up after a Bite

- Monitor the location where the bite occurred for several weeks.
- If you develop a fever, chills, aches and pains, or rash at the site of exposure, contact your physician. Explain when and where the bite occurred, and the location of the bite on your body.



# Arlington Public Schools

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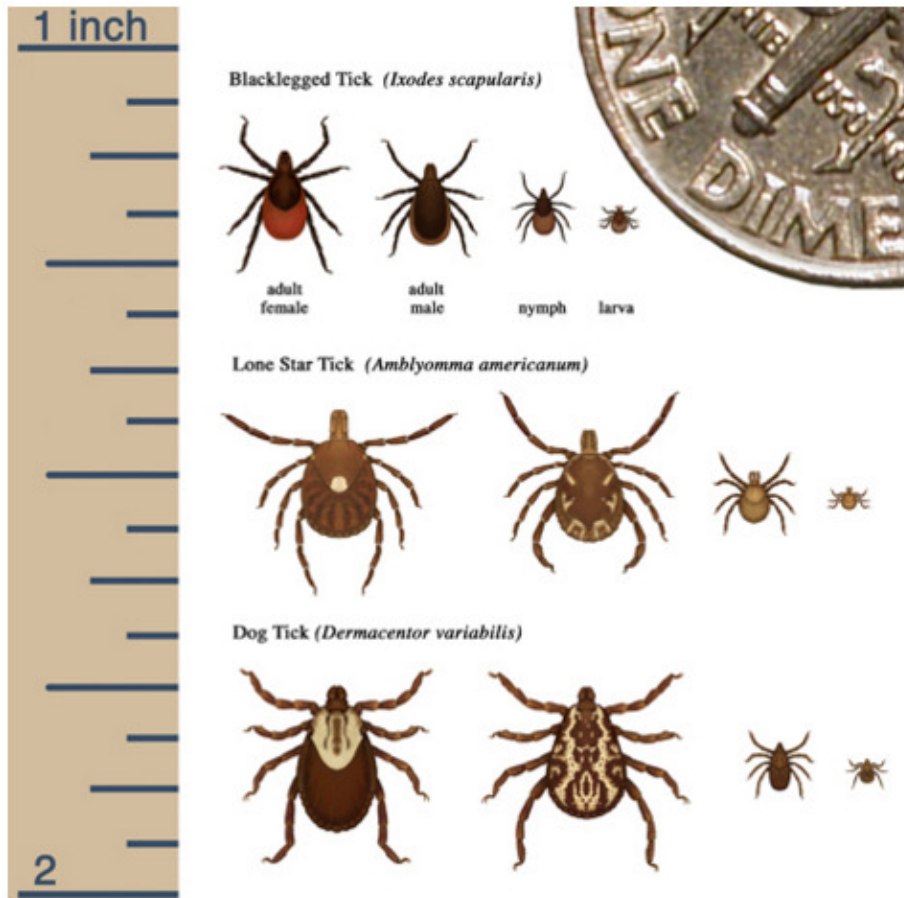


Figure 1: Approximate size of the species of tick indigenous to the northeast region of the US.

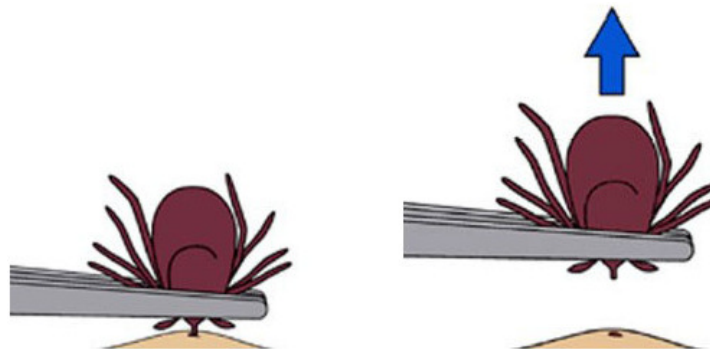


Figure 2: Proper tick removal technique.

## Reference

Centers for Disease Control and Prevention. (2015, June 1). *Ticks*. Retrieved from Centers for Disease Control and Prevention: <http://www.cdc.gov/ticks>