

Dear Parents,

In anticipation of your daughter's experience with outdoor living under the pines of Waukeela, please review the information below.

- Parent should teach their campers how to apply insect repellent and sunscreen and instruct them to use it while at camp. Campers should also be taught how to do a thorough "tick check."
- Campers should be sent to camp with plenty of insect repellent and sunscreen. Campers may also bring After Bite for relief from mosquito bites and Aloe lotion for skin conditioning after being in the sun if desired.
- Campers will be reminded by counselors daily to apply insect repellent and sunscreen. Campers should have practiced this activity prior to coming to camp.
- Campers will be instructed to perform "tick checks" daily by their counselors. Campers should have practiced this activity prior to coming to camp.
- If a camper is found to have an attached tick, a counselor (if off camp) or the camp nurse will remove the tick, save it in a labeled/dated bag, and clean the bite site. The camp nurse will assess the camper and if it is possible/likely that the tick was attached for greater than 24 hours, then the nurse will consult with both our provider at Saco River Clinic and a parent to determine whether prophylactic treatment is needed. If a parent cannot be reached, the nurse will follow the recommendation of the provider.

From the CDC.gov website, April 17, 2017

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

## Avoid Direct Contact with Ticks

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

## Repel Ticks on Skin and Clothing

- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
  - Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.

- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.
- The Environmental Protection Agency (EPA) has an [online tool to help you select the repellent](#) that is best for you and your family.

## Find and Remove Ticks from Your Body

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested 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.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.

## How ticks find their hosts

Ticks find their hosts by detecting animals' breath and body odors, or by sensing body heat, moisture, and vibrations. Some species can even recognize a shadow. In addition, ticks pick a place to wait by identifying well-used paths. Then they wait for a host, resting on the tips of grasses and shrubs. Ticks can't fly or jump, but many tick species wait in a position known as "questing".

While questing, ticks hold onto leaves and grass by their third and fourth pair of legs. They hold the first pair of legs outstretched, waiting to climb on to the host. When a host brushes the spot where a tick is waiting, it quickly climbs aboard. Some ticks will attach quickly and others will wander, looking for places like the ear, or other areas where the skin is thinner.

## How ticks spread disease

Ticks transmit pathogens that cause disease through the process of feeding.

- Depending on the tick species and its stage of life, preparing to feed can take from 10 minutes to 2 hours. When the tick finds a feeding spot, it grasps the skin and cuts into the surface.
- The tick then inserts its feeding tube. Many species also secrete a cement-like substance that keeps them firmly attached during the meal. The feeding tube can have barbs which help keep the tick in place.
- Ticks also can secrete small amounts of saliva with anesthetic properties so that the animal or person can't feel that the tick has attached itself. If the tick is in a sheltered spot, it can go unnoticed.
- A tick will suck the blood slowly for several days. If the host animal has a bloodborne infection, the tick will ingest the pathogens with the blood.

- Small amounts of saliva from the tick may also enter the skin of the host animal during the feeding process. If the tick contains a pathogen, the organism may be transmitted to the host animal in this way.
- After feeding, most ticks will drop off and prepare for the next life stage. At its next feeding, it can then transmit an acquired disease to the new host.