

## Important reminders for families to take at home

- During the warm seasons, it is a good idea to conduct nightly tick checks on your child, especially looking at the "hot spots": back of the knees, waistband and groin areas, underarms, neck and back of ears, and hairline.
- Apply repellents on skin and/or clothing, and consider tickicide (such as permethrin spray) on shoes/socks/clothing.
- Send your child to school in close-toed shoes.

## FCS Tick Policy

Friends Community School sits on 17 acres of woodlands and wetlands shared with wildlife that includes deer, field mice, and other animals that, in this region, can carry ticks. FCS has a rigorous Integrated Pest Management program to monitor for and reduce the presence of ticks.

For excursions into woodlands at FCS students should wear long pants and tall socks. Parents may want to conduct a thorough tick check every night, particularly during spring and fall when ticks are more prevalent. Crawling ticks and ticks that have been embedded for less than 24-36 hours are generally not considered a health risk outside of rare cases.

If you find an embedded and partially/fully fed tick on your child that you believe they picked up at school, remove it and put it into a sealed plastic bag for your child to bring to school. The school nurse sends these ticks to a private testing facility where they ID and test the insects for diseases. If you don't receive any news, that's good news!

Please let your doctor know if your child had a tick bite if they develop any rash, fever, or illness in the next month or so after a bite.

## Anti-Tick Initiatives at FCS

We participate in a study by the Invasive Insect Biocontrol and Behavior Laboratory of the USDA Agricultural Research Service in Beltsville. The study is assessing the impact of multiple anti-tick interventions. We also contract with an organic pest management service that treats the perimeter of our campus.

The campus is regularly tested for tick numbers, species, and life-cycle phase. FCS tests very low for deer ticks, the transmitter of Lyme disease to humans. Our free-ranging guinea fowl are helpful in reducing the adult tick population throughout the year while our other practices disrupt the rest of the tick life cycle.

## Tick Check Procedure at Home

Ticks like moisture and do not typically “wash off” or “drown”. Therefore we recommend that you use a washcloth at bath/shower time to help dislodge any ticks that have escaped detection. Careful checking, particularly of the warmest areas of the body (underarms, groin, back of knees, neck) is important.

If you do find a tick, do not squash it. If it is crawling, you can simply remove it with sticky tape and dispose it in the trash.

If it is embedded or stuck on, remove it very gently by putting a little pressure on the skin on both sides of the tick simultaneously, and use a fine-tipped tweezer to grasp the tick as close to the skin's surface as possible.

Pull upwards with steady, even pressure to prevent the tick head from breaking off.

After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.



## TICK HOT SPOTS

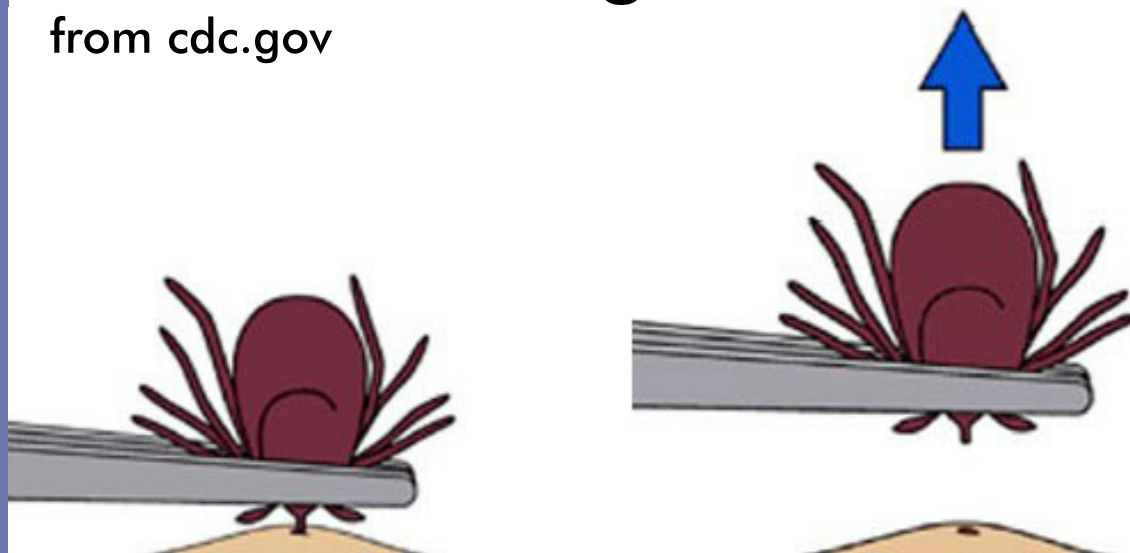


[support.prevent.educate](https://support.prevent.educate)



## Removing a Tick

from [cdc.gov](https://www.cdc.gov)



# It's Lyme Time!

## Be Tick Aware!



**1** Walk in the middle of trails; avoid sitting on logs and leaning on trees.

**2** Wear a hat, tuck in hair, if possible.

**3** Wear a long-sleeved shirt fitted at the wrist.

**4** Wear shoes, no bare feet or sandals.

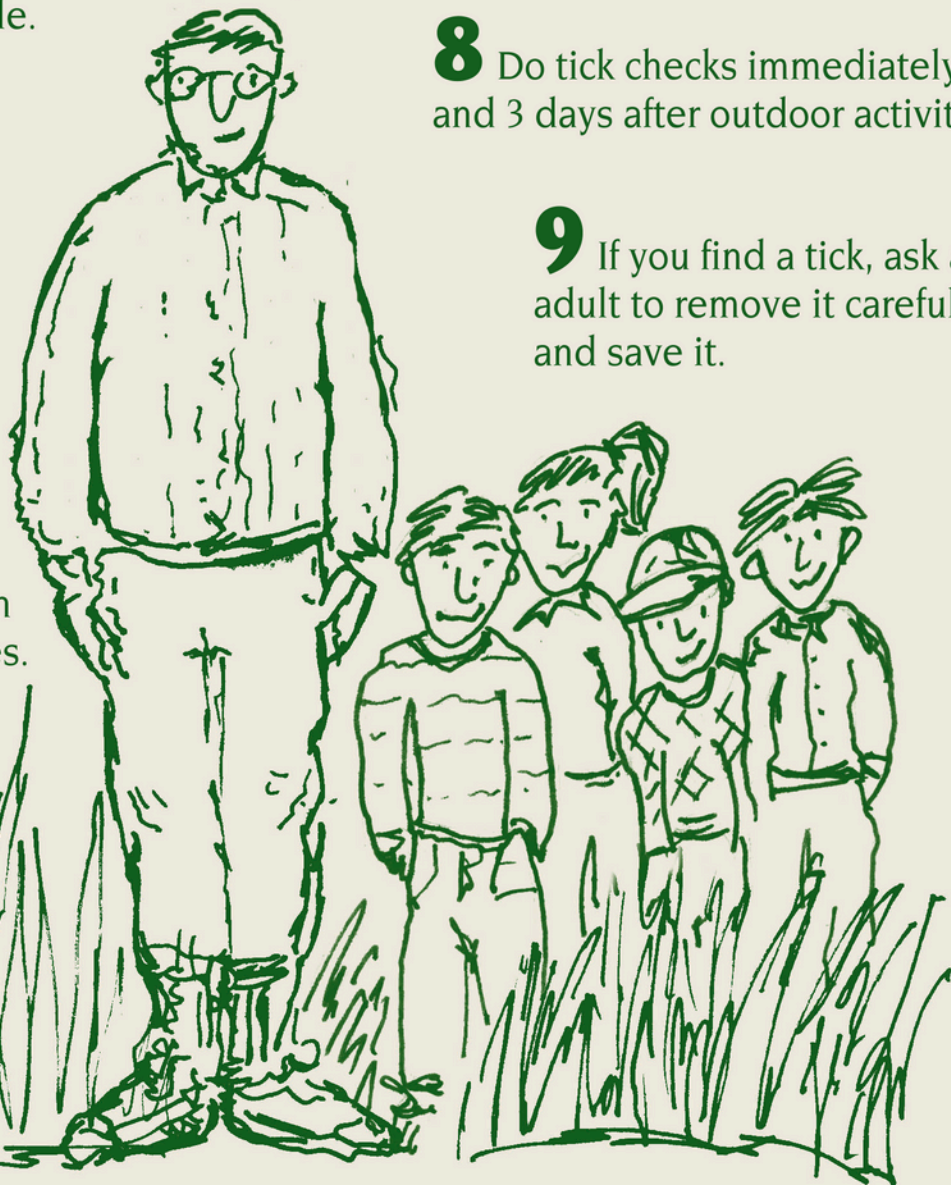
**5** Wear long pants tucked into high socks or duct tape around pants.

**6** Consider Deet for skin and permethrin for clothes.

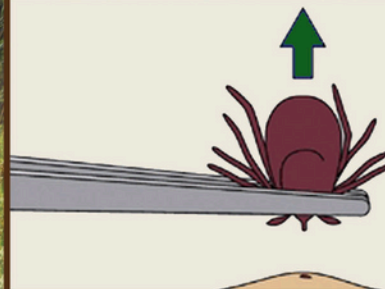
**7** Wear white or light-colored clothing to make it easier to see ticks.

**8** Do tick checks immediately and 3 days after outdoor activity.

**9** If you find a tick, ask an adult to remove it carefully and save it.



Lyme Disease is transmitted by a tiny tick the size of a poppy seed.

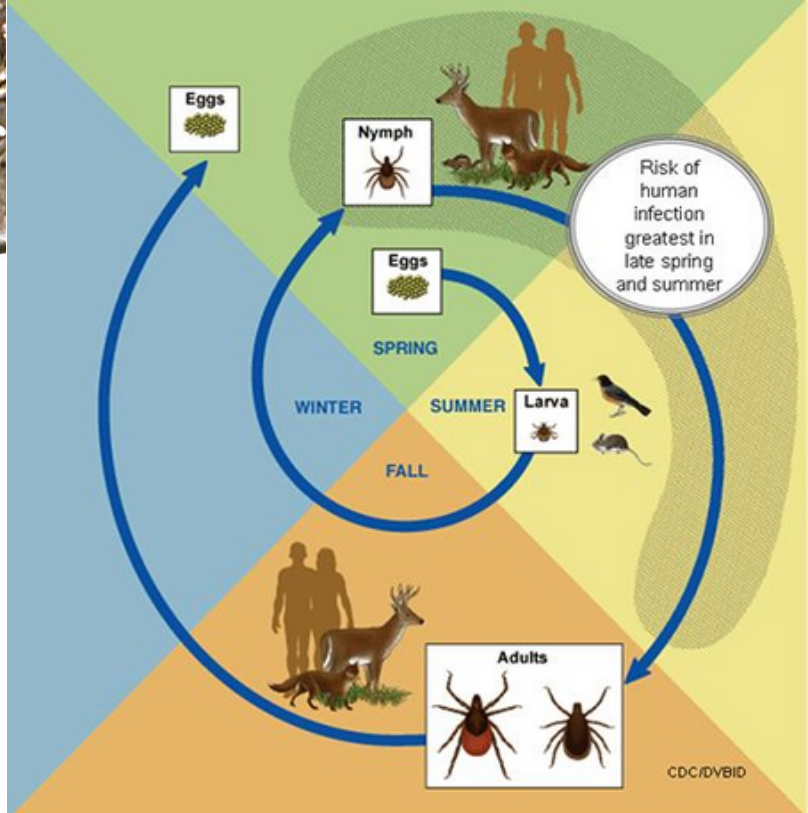
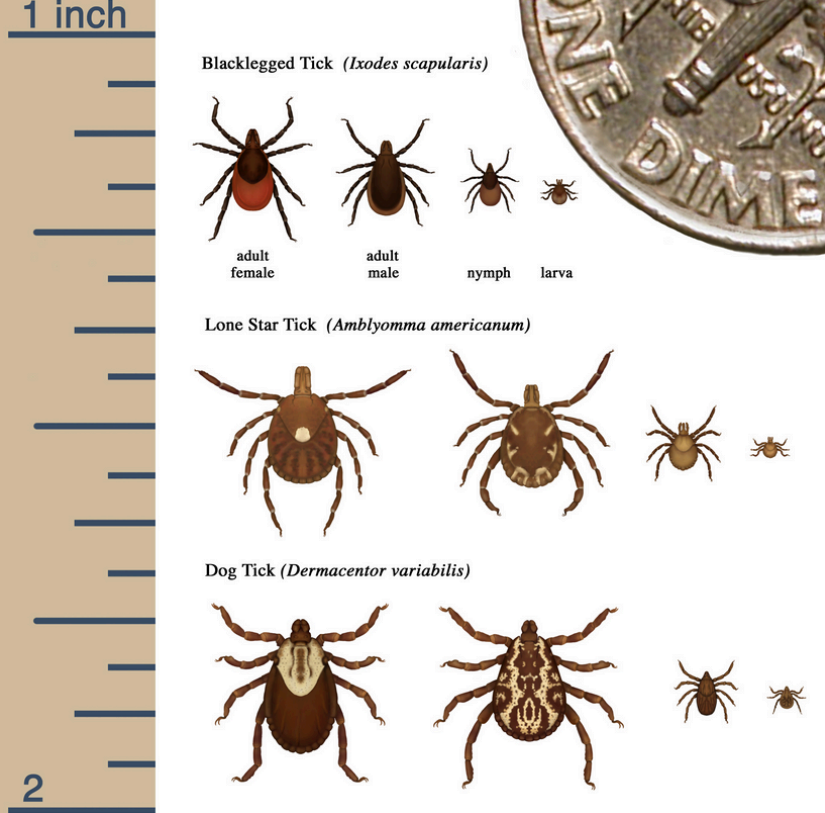


Remove tick with tweezers. Pull straight out as close to the skin as possible. Save tick in container and call doctor.

California Lyme  
Disease Association  
[www.lymedisease.org](http://www.lymedisease.org)

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## Tick Life Cycle

Species	Larva	Nymph	Male	Female	Partially Fed Female	Fully Fed Female
<b>Blacklegged Tick</b> <i>Ixodes scapularis</i>						
<b>Dog Tick</b> <i>Dermacentor variabilis</i>						
<b>Lone Star Tick</b> <i>Amblyomma americanum</i>						
<b>Brown Dog Tick</b> <i>Rhipicephalus sanguineus</i>						