

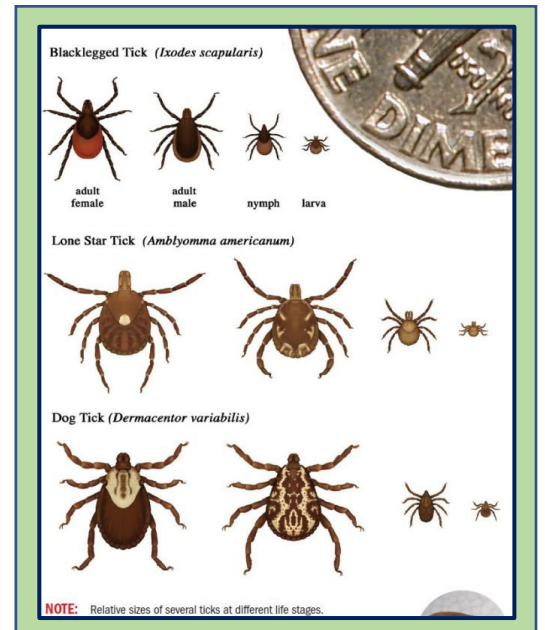
Parent Letter: Today in Class We Learned About Ticks!

DEAR PARENTS,

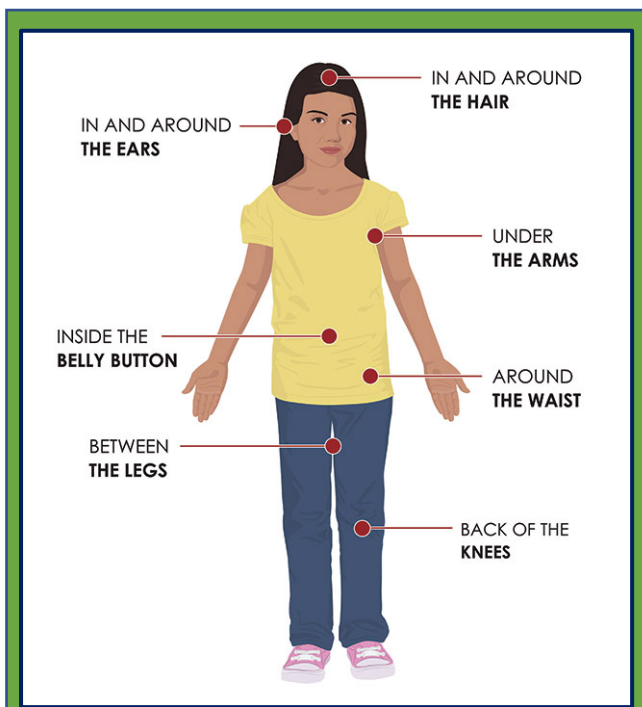
In today's class, we discussed ticks and the diseases that they can spread to us. Our discussion focused on how to prevent being bitten by ticks and the steps that should be taken if an attached tick is found.

Key messages include:

- Common ticks found in New Jersey include the black-legged "deer" tick, the Lone Star tick, and the dog tick.
- Ticks can carry various diseases; the most common is Lyme disease, carried by deer ticks.
- Lyme disease is caused by bacteria that are spread to a human through a tick bite.
- Ticks like **dark, damp areas** such as long grass and brush and are often carried by animals such as pets.



Here's how you can help your child to avoid tick-borne illnesses:



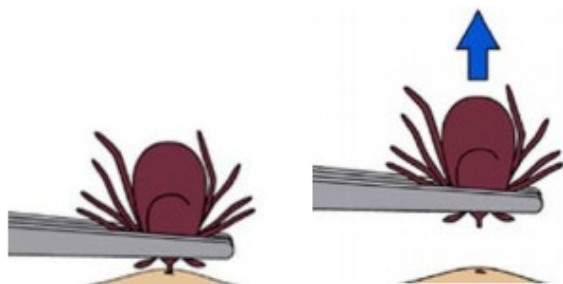
- Help them dress appropriately by wearing **light-colored clothes with long sleeves** and **tucking their pants into their socks** to avoid a tick crawling into these gaps.
- Apply **an EPA registered insect repellent** ideally with at least 20% DEET and treat clothing (or buy pre-treated clothing) with permethrin.
- Limit outdoor play to sunlit areas away from the woods.
- After coming inside, remind them to **shower as soon as possible**.
- **Place clothes in a hot dryer** for at least 10 minutes before washing to kill ticks.
- Perform a **tick check** after being outdoors and be sure to check in crevices such as their elbows, behind their ears, between their legs, behind their knees, in their hair, etc.

If you find an attached tick:

- Remove **only** with fine-point tweezers.
- Grasp the tick **by the head**, as close to the skin as possible, and pull the tick straight out with constant force.
- **Wash the skin** with rubbing alcohol or soap and water and save the tick in rubbing alcohol in a sealed plastic bag or container in case you need to show a doctor.
- Know that a tick must be attached for **36-48 hours** to transmit most diseases.
- Be on the lookout for signs that appear in the time period listed below after the tick bite. Some examples include **a rash or flu-like symptoms**. If you notice either of these or other signs, your child may have a tick-borne illness and you should call your health care provider for diagnosis and treatment.
- If you find a deer tick that has been **attached for at least 36 hours**, consult your health care provider.

Please refer to chart below for the diseases that are transmitted in NJ and how soon symptoms will occur after a tick bite for each, if infected.

Lyme disease	3-30 days
Ehrlichiosis	7-14 days
Anaplasmosis	7-14 days
Spotted Fever Group Rickettsiosis	2-14 days
Babesiosis	7-63+ days
Powassan	3-30 days



More information can be found at:

www.cdc.gov/ticks and <https://nj.gov/health/cd/topics/lyme.shtml>

Use <https://www.epa.gov/insect-repellents/find-repellent-right-you> to find a repellent that suits your needs.

All images are sourced from www.cdc.gov