

Health Reminder: Ways to Avoid Deer Ticks

The nice weather has arrived and with it the peak time for Lyme disease, the infectious disease carried by the deer tick, which can be a serious health threat. Avoidance is therefore the way to go.

Please be vigilant and remind your children to:

1. **Stay out of the woods and bushes**, and play in cleared areas away from tall grasses and shrubs where ticks typically are found.
2. **Wear light colored clothing**, which makes it easier to see the ticks. Sneakers, socks, long sleeved shirts and long pants are the best choice if you do plan to hike, especially in wooded areas. Ask your physician about the appropriate tick repellent that you could use.
3. **Always remind your children to check themselves all over after coming in from playing outside**. It's important for parents to check also since many of the places ticks bite are hard your child to see on his or herself. (I.e. the back of the knees, all around the waist, the hairline, under arms etc.) The faster you find a tick or bite, the less likely you are to have problems.
4. **Remove the tick quickly and correctly**. Use a fine-tipped tweezers, grasp the tick as close to the skin as possible, and gently pull straight out. Remember ticks can be saved and tested to see if they are carriers of Lyme disease.
5. **Learn the early signs and symptoms of Lyme disease** and bring your child or yourself to your physician if you have any suspicion of infection.