

## **Tick bites**

### **Prevention**

Ticks are most active from April to September when it is warm outside.

During these months, if you are spending time in wooded areas, here are some precautions to take:

1. Walk in the center of trails. Ticks love to hide out in high grass and fallen leaves.
2. Tuck pant legs in to socks. Wear light colored, long sleeved clothing.
3. Use an insect repellent with 10- 20% DEET. For application on children older than 2 months, spray it on to your hands and apply it to your child. Avoid the eyes, hands, mouth and any open areas on the skin.
4. Shower soon after returning from the outdoors and perform thorough tick checks from head to toe. It is important to feel through your child's hair.

### **Tick removal**

1. Using a pair of fine-tipped tweezers, grasp the tick as close to the surface of the skin and pull up with a steady pressure. Avoid jerking or twisting the tick so no parts will be left behind.
2. Clean the area with either soap and water or rubbing alcohol.

### **Tick-borne disease**

Ticks can transmit several infectious diseases.

If your child develops a rash, fever, chills or aches after a tick bite, come in for an office visit.

Lyme disease is transmitted by deer ticks only. The tick must feed for at least 24-36 hours and be engorged with blood to have transmitted Lyme disease. The classic bull's eye rash may appear anywhere from 3-30 days after the bite. The rash is red and circular with central clearing.

The rash of Rocky Mountain Spotted Fever appears 2-5 days after a fever. It starts out as flat, pink spots on the wrists, ankles and forearms which spread inward to the body. The rash may change to a red to purple spotted rash after one week.

For more information visit:

[http://kidshealth.org/parent/firstaid\\_safe/sheets/tick\\_bites\\_sheet.html](http://kidshealth.org/parent/firstaid_safe/sheets/tick_bites_sheet.html)

<http://www.cdc.gov/ticks/index.html>