

TICK TALK

RESOURCES *for parents* of school-age kids



As spring approaches and outdoor activities become more enticing, it's essential to be mindful of the potential risks associated with ticks. These tiny creatures can carry diseases like Lyme Disease, but with the right knowledge and precautions, you can enjoy nature safely. Read on to learn how to protect yourself and your loved ones from tick bites and tick-borne illnesses.

Tick Removal:

- Use tweezers to grasp the tick's mouthparts as close to the skin as possible.
- Pull steadily and firmly upward until the tick releases its grip.
- If assistance is needed, seek help from a physician for safe tick removal.

Cleaning Tick Bites:

- After removing the tick, cleanse the bite area with soap and water.
- Apply antiseptic, alcohol, or hydrogen peroxide to disinfect the area.
- Contact your physician for further guidance and evaluation.

Identification:

- Preserve the tick/insect in a small container without squishing it.
- Bring it to the Chautauqua County Health Department for identification.
- Receive information on the tick's species and potential disease risks.

Lyme Disease Symptoms:

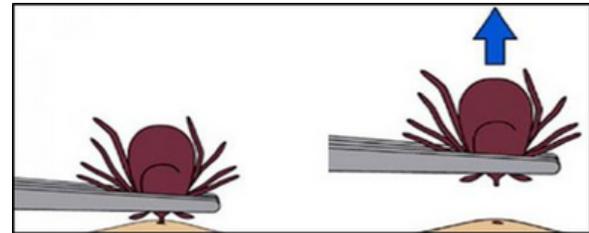
- Early symptoms may include a circular rash, fever, headache, fatigue, and muscle or joint pain.
- If any symptoms arise, consult your physician promptly for monitoring and treatment.

Prevention Tips:

- Wear long pants tucked into boots and long-sleeved shirts when outdoors.
- Use tick and insect repellents effective for your activities.
- Always follow labeling instructions and consult your physician, especially for use on small children.

Education and prevention are key to reducing the risk of tick-borne illnesses. By staying informed and taking necessary precautions, you can enjoy the great outdoors while keeping yourself and your family safe from tick bites. Remember, a little knowledge goes a long way in protecting your health!

Stay safe and happy exploring!



Watch tick video:



More info:

