**

**Field Trip Reminder Regarding Ticks and Tick-borne Disease**

Dear Parents,

This is a reminder that students will be going on a field trip that will take place outdoors. This is a great time to use the information below to talk to your child about tick safety.

**Prevention Tips Include:**

* Wear light-colored clothing, which helps you see ticks more easily.
* Wear long-sleeve shirts and tuck your pant legs into your socks.

**EPA Registered Tick Repellents\***

* Consider applying an EPA registered tick repellent to clothes or skin before your child comes to school the day of the field trip.
* Following the label directions for skin or clothing applied repellents is very important.

**Tick Removal Tips: (if applicable)**

* Remove ticks from skin as quickly as possible to avoid attachment and remove embedded ticks with fine-point tweezers. Grasp the tick as close to the skin as possible and smoothly pull out the tick from the skin. Wash with soap and water.
* Save the tick if possible for identification if needed.
* Consult with your pediatrician.

**More information on ticks is on the websites below:**

New York State Center for School Health: <https://www.schoolhealthny.com/ticks>

NYS Department of Health: [https://www.health.ny.gov/diseases/contagious/lyme/](https://www.health.ny.gov/diseases/communicable/lyme/)

\*Repellent information was provided by the [NYS Department of Environmental Conservation](http://www.dec.ny.gov/) and

University of Rhode Island TickEncouter Resource Center: http://www.tickencounter.org/