




TICK PREP CHECKLIST FOR PARENTS & CAMPERS

BEFORE CAMP



- Spray skin with skin-safe tick repellent.
- Keep an extra skin-safe tick repellent in your kid's camp bag so they (or a counselor) can reapply after swimming.
- Spray shoes, socks and shorts with Permethrin. Treated shoes and socks alone can reduce the chances of a tick bite by more than 70%! (**Follow treatment instructions carefully as Permethrin is not skin-safe!**) You can purchase pre-treated clothing at InsectShield.com.
- Use Permethrin-treated camp bag or backpack.
- Tie up long hair.
- Remind your kids to be tick smart throughout the day. Here's how:
 -  **Avoid popular tick habitats.** Stay away from downed logs, leaf piles, tall grass & weeds, stone walls and the base of trees.
 -  **Walk along paved paths through woods or grassy areas.** Stick to the middle of paved paths as ticks hang out in the tall grass and weeds that border pathways. Ticks hang out knee/waist high and "quest" or reach for you.
 -  **Take quick action.** If you see a tick on your body, immediately tell a camp counselor, nurse or staff member!

AFTER CAMP



- Remove all clothing and put in dryer on high heat for 20 minutes (throw in camp bag and shoes, too!). Then, wash as usual.
- If you can't throw things in the dryer (then wash!) right away, put them in a separate Permethrin-treated hamper designated for outside clothes. A garage or mud room is an ideal place to keep one!
- Do a tick check! Sing or play the Tick Check Song to guide you! Check the entire body including these key places: Head, Hair, Armpits, Underwear, Knees, Feet, Elbows, Toes ... those are places ticks will go!
- Shower and wash your hair!
- If you find an attached tick, remove the tick correctly by following these step-by-step instructions. These instructions include how to send a tick in for testing.

SUMMER IS SAFER WHEN YOU DARE 2B TICK AWARE!

