

July 25 / August 1, 2016

Dear Parents,

Both common dog (wood) ticks and deer ticks can be found at Camp Crowell as well as in any wooded or marshy location in this area of the country. A tick is round, dark brown, hard-bodied insect, small enough to be easily mistaken for a scab, piece of dirt or a mole. Deer ticks, the kind of ticks that carry Lyme disease, are very tiny, so they can be difficult to spot. These ticks are much smaller than the common dog tick. At one point in their life cycle, they are about the size of a period on this paper.

We hope that the information on the opposite side of this sheet will be helpful and encourage you to be alert for the possible medical symptoms of Lyme disease, which can appear up to several months following a tick bite or even contact with a tick carrying the disease. Since one or more symptoms may occur and in no particular order, the common sense approach is to consult a physician, pointing out that your child has been spending some time in the outdoors and has had or could have had a tick bite.

While unit leaders will be encouraging campers to check themselves for ticks, it is important that your child be inspected for ticks each day when she arrives home from camp. Ticks are often attracted to hairy parts of the body or clothing lines (such as the waistband area, under the bra, etc.). If our Camp First Aider removes a tick from your child, you can expect to be notified.

We hope that your child has a wonderful time at Camp Firefly and that you enjoy hearing about each day's activities and fun!

Sincerely,

*Inkjet & Giggles*

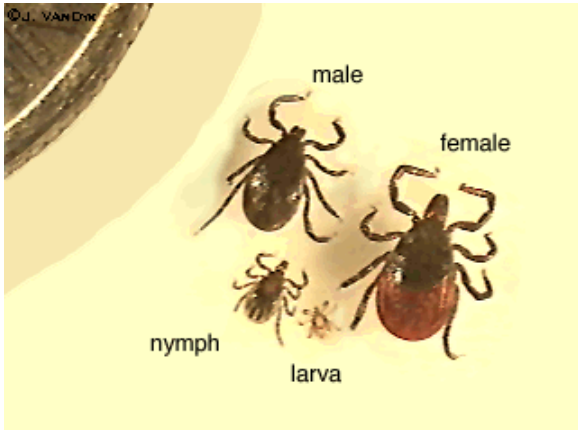
Dennis "Inkjet" Renoll & Judy "Giggles" Baldwin  
Camp Co-Directors

## Facts About Lyme Disease

Two diseases carried by ticks – Lyme Disease and Rocky Mountain Spotted Fever have become widespread in the United States and pose a serious health hazard. Rocky Mountain spotted fever occurs primarily in southwestern states, but cases have been documented all over the United States. Lyme Disease was first isolated in Lyme, Connecticut in 1975. The majority of cases have occurred in Minnesota, Wisconsin and the northeastern United States. The disease develops most frequently in the summer when ticks are abundant, although ticks remain active well into the cold weather. Early in life, the deer tick is only half the size of the head of a straight pin, so it is very difficult to spot.

### Prevention:

1. Avoid tick habitats whenever possible.
2. Wear long pants with cuffs tucked into socks.
3. Wearing light-colored clothing will help you spot ticks.
4. Protect yourself with repellents and your pets with repellent collars.
5. Brush off your clothing and check your pets before entering the house.
6. Undress and check for ticks; they usually crawl about for several hours before burrowing into the skin.
7. Remove any ticks by gently tugging repeatedly with tweezers at the place where the tick's feeding tube enters the skin. Do not crush the tick; drop it into rubbing alcohol.
8. Disinfect the site of the tick bite.



Deer Tick

### Diagnosis and Treatment:

1. Check for any rash or red path, especially one that slowly expands over several days. The red patch can get quite large (one to eighteen inches), and it may be ring-shaped.
2. Flu-like symptoms (low-grade fever, chills, headache) often occur in early stages of the disease.
3. Symptoms similar to meningitis, such as stiff joints, difficulty in concentrating and remembering, as well as fatigue, can occur in later stages of the disease. Lyme disease is treated with antibiotics.
4. The final stage of the disease (weeks to months later) involves elevated temperature, pain and swelling in one or more joints.
5. If you note any of these symptoms following a tick bite, consult your physician.
6. Lyme disease is treatable with antibiotics at any stage; the earlier it is diagnosed, the easier it is to treat.



Dog (wood) Tick