



TICK AWARENESS AT GSNEO CAMPS

With the unusually warm winter this past year, please be advised that when troop camping now through the fall, it is likely that an increased population of ticks will be present on camp properties.

As the troop leader you are responsible for making sure you, your first aider, and all adults attending camp with the girls are prepared for this situation. Prevention, detention, and tick removal are all areas you should become familiar with before troop camping.

Here are a few helpful hints:

Avoid Direct Contact with Ticks

- **Avoid wooded and bushy areas with high grass and leaf litter**
- **Walk in the center of trails**
- **When going into the woods wear long pants and shirts**

Repel Ticks

- **Use repellents that contain deet (check with health dept. for % of deet to use on children)**

Find and Remove Ticks from Your Body

- **Bathe or shower as soon as possible after coming indoors to wash off and more easily find ticks that are crawling on you**
- **Conduct a full body check including arms, around ears, legs, hair/scalp, waist, etc...**
- **On arrival at home check gear and tumble clothes in a dryer on high heat for an hour to kill ticks**

For additional information please contact the Centers for Disease Control and Prevention at www.cdcinfo@cdc.gov, or your local or state Health Department.