



Sacred Heart Catholic Elementary School

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Dear Parents,

Students are enjoying the nicer weather outdoors on the playground and with their families in their backyards and on trails throughout the county. With the nicer weather comes a higher volume of insects and even ticks.

Please see the information provided by the Brant County Health Unit:

Spread

- Ticks can attach onto people when they are spending time on walking trails or any area with tall grass or bushes
- Transmission of the infectious agent usually does not occur until the tick has been attached to you for 24 hours or more

Prevention

Dress to stay tick-free:

- Cover feet, arms and legs with closed-toe shoes and light-colored long-sleeved shirts and pants
- Tuck pant legs into socks
- Apply bug spray with DEET or Icaridin on skin and clothing (put on bug spray after applying sunscreen)

After you get home from the outdoors, take time to:

- Check yourself, family members, and pets for ticks right away
- Have a shower or bath within two hours

Tick Removal: If you find a tick on yourself or a family member, follow these steps to remove it and bring it to the Brant County Health Unit to be sent for testing:

1. Remove the attached tick with tweezers (grab the tick as close to the skin as possible and pull straight out)
2. Wash your hands and apply antiseptic ointment to the bite area.
3. Write down the date and place where tick was most likely picked up and where on the body it bit you.
4. Place the tick in a container and bring it to the Health Unit (194 Terrace Hill St., Brantford)

It is important to know that infection resulting from a bite from an infected blacklegged (deer) tick can cause Lyme disease. For more information and a list of signs and symptoms, please visit www.bchu.org.

Thank you,


Karen Mitchell

Principal

"Teaching with heart through the decades."