



# PARENT CONNECTION

## Prepare for a BAD Summer of Ticks

Milder winters, burgeoning mice and deer populations and a bumper acorn crop from two years ago mean this year's tick season is expected to be bad and more widespread. With that comes the threat of more tick-borne diseases, including the most common, Lyme disease. States like Connecticut (home to the town of Old Lyme where the disease was first diagnosed) are already reporting a higher number of ticks infected with the *Borrelia burgdorferi* bacterium, which causes Lyme disease, as well as other tick-borne pathogens. The deer or blacklegged tick can transmit up to seven pathogens that cause human diseases, including Lyme disease. Lyme disease is the most common vector-borne disease in the U.S. Symptoms can include a ring-like rash, along with flulike symptoms, muscle and joint aches and swollen lymph nodes. It is usually diagnosed based on symptoms or a blood test. It is treated with antibiotics. Longer-term infections can cause more serious symptoms including arthritis, severe muscle pain, headaches, heart palpitations, brain inflammation and nerve pain. Getting bit by a deer tick doesn't mean you will get Lyme disease. On average 10%-30% of deer ticks are infected with Lyme disease. A tick typically feed on humans for 3-5 days. A tick that latches on for only a few hours is unlikely to transmit infection. For Lyme disease to be transmitted, a tick usually has to be attached for 24-48 hours, though for some other diseases it is less time. Once done with a feeding, the tick will fall off on its own. Many Lyme disease patients never see a tick on them, which can make diagnosis of the disease difficult.

### How to avoid ticks and prevent Lyme Disease:

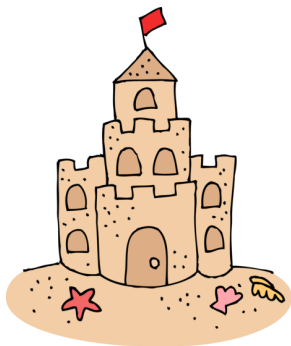
1. Avoid tall grass, leaf piles and wooded areas
2. Use repellent that contains DEET (20% or more)
3. Wear long sleeves and long pants and stick your pants inside your socks
4. Wear light colored clothing
5. Do a thorough tick check of the body using a mirror
6. Shower after spending time outside
7. Check pets and equipment that has been outside
8. Regularly mow or trim your lawn

### Other simple tricks:

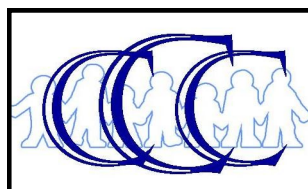
1. Take a lint roller with you when you're going outside and roll it on your clothing every once in a while
2. Spray essential oil on your clothing and rub it into your skin:

Lavender  
Eucalyptus

Lemongrass  
Lemon



## CHILD CARE CONNECTIONS



## SUMMER VOLUME 2017 ISSUE 3



### DIY WINDOW CLING

#### MATERIALS

- Wax Paper
- Puffy Paint (Tulip Brand)

#### DIRECTIONS

1. Tape down a large piece of wax paper for each child. Make sure it is large enough for them to have plenty of space.
2. Using puffy paint let them start creating. Make sure to use a generous amount of puffy paint.
3. Wait 24 hours for it to dry.
4. Gently peel them off the wax paper.
5. Let the kids stick them to the windows.

### SUMMER READING

*Commotion in the Ocean*  
By Giles Andreae

*Pete the Cat Pete at the Beach*  
By James Dean

*Zoomer's Summer Snowstorm*  
By Ned Young

*Wet Dog*  
By Elise Broach

*Mouse's First Summer*  
By Lauren Thompson

*Mister Seahorse*  
By Eric Carle



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