Tick Prevention:

· Wear long sleeves and long pants. Tuck in shirts and pant legs. Wear gaiters. Make it hard for a tick to get to you.

· Use tick repellent. For exposed skin, the CDC recommends Picaridin, IR3535, or a product with at least 20% DEET. For clothing, they recommend 0.5% Permethrin. The park will be obtaining a few products for employees to test in the field.

· Use the trails whenever possible. Hike in the center of the trail. When off-trail, pick routes that avoid high grass and brush.

· Check frequently for ticks on your clothing and gear while in the field and when returning from the field.

· Be especially careful when returning to vehicles or housing so ticks are not brought indoors on your clothing or gear.

· Personnel who are handling wildlife are authorized to wear light colored coveralls to make it easier to detect ticks.

· Conduct a full-body tick check when you return from the field. Use a mirror to check all parts of your body.

· Bathe or shower as soon as possible after coming indoors to wash off or more easily find ticks that are crawling on you.

· Ticks can be killed by tumbling dry clothes in a dryer on high heat.

Tick Removal:

· Tick removal kits are available in Dispatch. Keep one in your pack if you are in the field.

· Use fine tweezers or tick removal tool to grasp the tick near the skin surface. Do not squeeze the tick’s body.

· Pull upward with steady, even pressure until the tick comes out. Do not twist.

· If any part of the tick remains embedded, seek medical attention.

· After removing the tick, clean the bite area and your hands with alcohol or with soap & water.

· Save any ticks that are removed. Seal them in a plastic bag or vial.

· Document all tick bites in SMIS.
Recognition and Treatment:

If a tick bites you, be alert for symptoms of Lyme disease. In fact, you may not know you’ve been bitten, so be aware of these symptoms regardless.

Early Signs and Symptoms (3 to 30 days after tick bite)
- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes
- Erythema migraines (EM) rash:
  - Occurs in approximately 70 to 80 percent of infected persons
  - Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)
  - Expands gradually over a period of days reaching up to 12 inches or more (30 cm) across
  - May feel warm to the touch but is rarely itchy or painful
  - Sometimes clears as it enlarges, resulting in a target or “bull’s-eye” appearance
  - May appear on any area of the body

Later Signs and Symptoms (days to months after tick bite)
- Severe headaches and neck stiffness
- Additional EM rashes on other areas of the body
- Arthritis with severe joint pain and swelling, particularly the knees and other large joints.
- Facial palsy (loss of muscle tone or droop on one or both sides of the face)
- Intermittent pain in tendons, muscles, joints, and bones
- Heart palpitations or an irregular heart beat
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory