

Summer

CAMP



Protect yourself against mosquitos and ticks this summer.

Sleeves



Wear long sleeves, pants, and closed-toe shoes when possible. Light colored clothing is best to easily spot insects.

Check



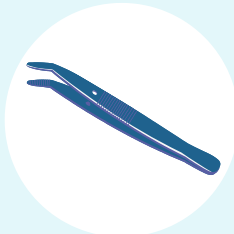
Check your whole body and clothing for ticks after being outside.

Spray



Use bug spray when outdoors to lessen tick and mosquito bites. Ask your camp counselor for help.

Remove



Remove any tick with tweezers or ask an adult to help. Do not squeeze ticks with your fingers to remove them.

Activity Tip:



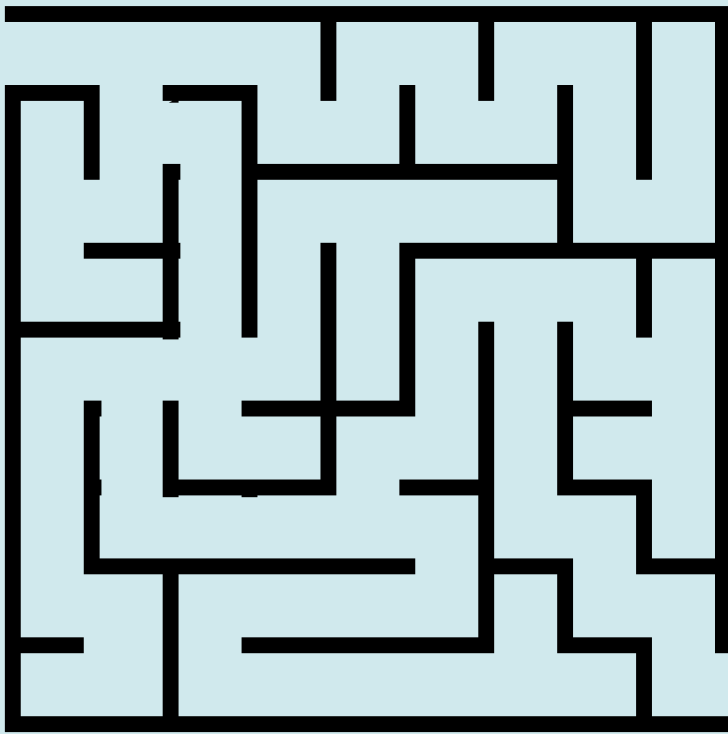
Has it rained? After the rain, practice searching and emptying items that have still water. Mosquitos like to lay eggs in water. Emptying water can help avoid future bites.

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Directions:

Lead your way to empty the bucket filled with still water to make sure there are less mosquitos and mosquito bites at camp!

Let's talk!

What can this camper do to not get any more bites?

Fill in the blanks:



Hint: Use me to avoid getting mosquito and tick bites.



Summer Camp

Tick and Mosquito Safety for Parents



Ticks and mosquitos can spread many diseases. A disease can be transmitted when a person is bitten by a tick or mosquito that is carrying a disease.



Before camp



- **Treat** you children's clothing with permethrin, which is an insecticide. Do not put permethrin directly onto skin.
- **Send** your child to camp with EPA-registered insect repellent (bug spray).
- **Show** them how to properly use bug spray and to ask for help from a camp counselor.
- **Help** them pick out light-colored outfits and long sleeves and pants if they will be in woody or grassy areas all day.
- **Teach** your children that ticks and mosquitos can spread diseases and to try to avoid bites.



After camp



- **Check** your children's clothing for ticks and wash their clothing.
- **Teach** your child to do a full tick check after being outdoors all day.
- **Remove** ticks with fine tip tweezers if your child has any attached to them.
- **Dispose** of a live tick by putting it in alcohol, placing it in a sealed bag or container, wrapping it tightly in tape, or flushing it down the toilet.
- **Call** your health care provider if you found a tick attached to your child; they may benefit from antibiotics.
- **Monitor** your child for flu-like symptoms after any bites.

