

# Deer Tick Protocol

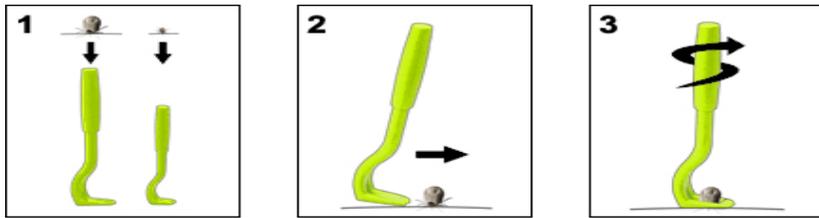
## 1) Perform Routine Tick Checks

At least once a day every camper and staff must do a thorough visual and/or tactile tick check. It is a full body check that includes the groin area, the belly button, the backs of the knees and everywhere else. It may require a buddy system and/or a mirror.

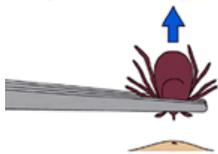
## 2) Safe removal of ticks.

If a tick is found it must be removed. Follow the steps below to safely remove ticks.

- 1) Choose the most appropriate hook, according to the size of the tick
- 2) Engage the hook by approaching the tick from the side until it is held.
- 3) Lift the hook very lightly and **TWIST IT** until the tick detaches by itself.



- 4) Place the tick on a piece of tape and cover it with another piece of tape.
- 5) If the hook is ineffective, you may use tweezers to grab the tick close to the skin and gently pull straight up.



- 6) Remove gloves and clean the area with a Povidone-Iodine pad. If mouthparts remain in the wound, monitor closely for infection.

**DO NOT** attempt to remove the tick by touching it with a burnt match or swabbing it with alcohol or petroleum jelly. This will only aggravate the tick and cause it to release more bacteria into the blood stream.

## 3) Identify the tick

An adolescent deer tick is brown and about the size of a poppy seed (as in the picture below)



Although the adult is slightly larger, any tick much larger than this is probably a dog tick and does not transmit Lyme disease. An engorged tick will have a grayish bloated abdomen.



Tick Encounter Resource Center ©

## 4) Document

After you have identified the tick, document where and when you removed it as well as a description of it. Also document what the site looked like and any symptoms (e.g. area of redness about 3in, itchy). Lastly, tape the dead tick to the trip log.

## 5) Evaluate risk

It is essential that the trip leader contact the camp as soon as possible after the removal of a deer tick. A deer tick must feed for >36 hours before it transmits the bacteria that causes Lyme disease. After this amount of time, the deer tick will be engorged (full of blood). If an engorged deer tick is removed from an individual, antibiotic treatment may be beneficial in preventing Lyme disease. However, this treatment must begin within 72 hours. If the trip will last longer than 48 hours after the removal of an engorged deer tick, a timely evacuation is necessary.