

GETTING READY FOR THE OUTDOOR FIELD TRIP - REPELLENTS

All participants should be required to wear long pants and long-sleeved shirts; also, shoes and socks (no sandals). The clothing should be light-colored so that ticks may be readily spotted and removed. (Kids generally love painter's pants - good choice.)

Parents should spray the pants before the child leaves for school. These products remain effective for several hours. For liability reasons, a teacher should never apply repellents to a student and children should not be allowed to do so.

Before heading out, everyone should tuck his/her pant legs into the socks and shirt into the pants. With this arrangement, any tick will be kept to the outside where it can be seen.

Using the "buddy" system, students can watch for ticks on each other.

Another important preventive measure, during a field trip, is to keep to the trails where they are available, and to try to stay in the middle-away from the vegetation at the edges.

After the field trip, a quick check should be carried out. After getting home, a thorough tick check should be conducted, followed by a shower/bath. Loose ticks will generally wash off, and repellent should be washed off with soap and water.