

**PREVENTIVE MEASURES FOR LYME DISEASE – RULES & PROCEDURES
(TICKS AT SCHOOL – REMOVAL)**

Any loose tick may simply be removed and placed in a jar of alcohol for disposal.

If a tick is found to have attached itself to the skin, it should be removed carefully and promptly using forceps and proper technique. In a school setting, tick removal should be carried out by the school nurse or other trained personnel.

Selection of forceps/tweezers, v-shaped removal tool

Forceps should have fine tips; straight or curved is a matter of personal preference. Broad, flat "whisker-type" tweezers are a poor choice, as they will tend to grab too much of the tick and squeeze the body.*

Also effective, and easy to use, is the 'Pro-Tick' type removal tool, with a v-shaped notch for grabbing the head of the tick. Ticks are attached only at the head end.

Technique

Do not apply antiseptic before removing the tick; it will only aggravate the critter! * One side of the tweezers should be slipped under the tick so as to firmly grab the HEAD END ONLY, without squeezing the body. Remove the tick with a slow steady pull (no twisting).

The 'Pro-tick' tool may be slipped under the head of the tick from an angle, and then lifted to remove it.

Antiseptic should be applied to the site, and the forceps/tool cleaned with alcohol.

*(Aggravating the tick or squeezing the body may cause it to inject its contents into the skin.)

Notification to parent(s)

The tick should be saved for possible lab identification/testing with notation of date, time, and location on child. It should be placed in a small plastic envelope, and sent to the parent(s) accompanied by a copy of a county information card and cover letter providing contact for further information. (Tick should not be taped to the card or placed in alcohol, or testing will not be possible.)