

# Monthly Nurse's Note

APRIL

## Tick and Allergy Season: It's that time of year again

Now that winter is coming to a close and we are getting ready for the warmer weather, many of us look forward to heading outdoors and enjoying some sunshine. Spring is also a season when ticks and allergies become more prevalent.

**Here are a few helpful tips to prevent tick bites and allergic reactions all at once:**

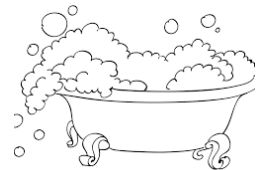
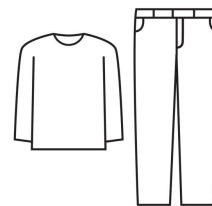
Try to avoid tick habitats; these areas carry lots of allergens too! (woody, moist, shady, brushy, leafy and overgrown grassy areas).

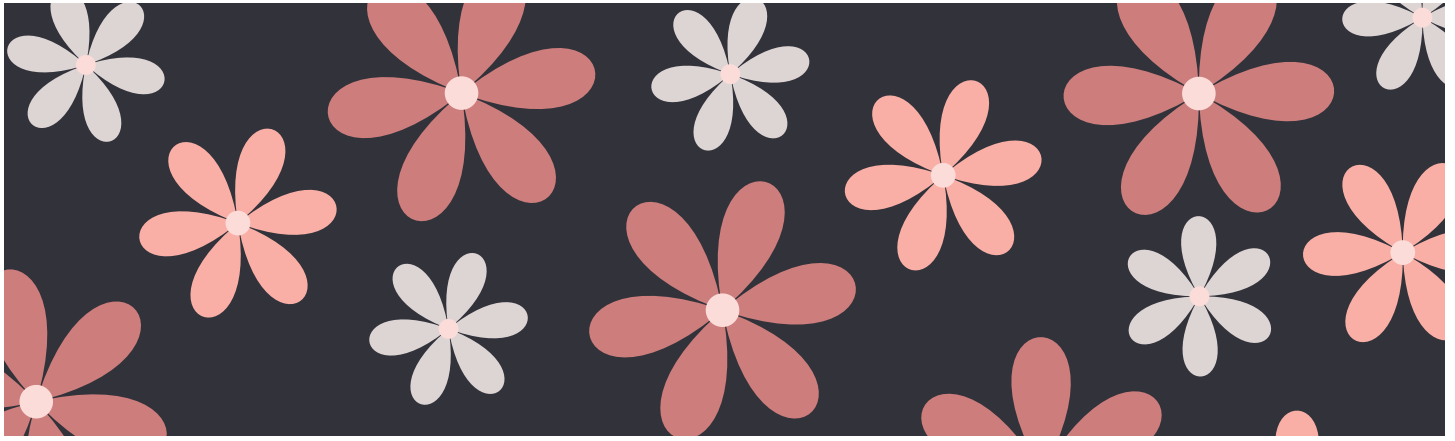
Keep the outside out! Keep windows closed, and continue to regularly clean clothes and bedding.

If you are venturing into the woods or tick habitats, use insect repellent on clothing and exposed skin and wear light colored clothing (it is easier to spot ticks on light colored clothing).

Wear long sleeves if possible and tuck pant legs into socks or boots.

After playing outside, encourage hand washing and a quick shower to remove potential allergens or ticks from skin.





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*Parents please remember to give your children their allergy meds, if prescribed by doctor!*

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Do daily tick checks on your children:

If you notice a tick on your child remove the tick with tweezers and steady pressure. Wash the area with soap and water and observe the site for several weeks.

**If your child develops any of the following symptoms, please notify their pediatrician;**

- A rash that forms around the site that resembles a bull's eye
- Fever
- Headaches
- Stiff neck
- Body aches or joint pain
- Fatigue

**HAPPINESS IS**



*...happy, healthy children.*