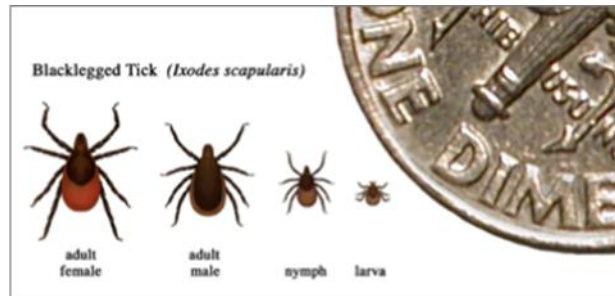


Because tick season is upon us, we wish for you to be prepared for your time at Camp Woodland. Please use this information and share with those in the Scouting Program. We love the outdoors, but safety is our priority.



🐛 **Treat clothing and gear with products containing permethrin.** Permethrin and DEET can be used to treat boots, clothing, and camping gear and remain protective through several washings.

🐛 Use [Environmental Protection Agency \(EPA\)-registered insect repellents external icon](#) containing DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Picairn can be used safely directly applied to the skin.

🐛 **Wear light-colored clothing with a tight weave to spot ticks easily.**

🐛 **Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.**

🐛 **The following are a few common areas to keep a close eye out for ticks:**

- 1) **Wood piles, which can often harbor mice and other rodents**
- 2) **High grassy areas**
- 3) **Wooded areas**
- 4) **Stone walls and other features that may retain moisture**
- 5) **Leaf piles and litter**
- 6) **Fallen and low-hanging branches**

- 🦋 **Check your clothing for ticks. Ticks may attach to clothing.**
- 🦋 **Before you go home; Remove any ticks that are visible. Pack the worn clothing in a separate sealable plastic bag, Keeping them separate from clean change of clothes.**
- 🦋 **Check your body for ticks after being outdoors. Conduct a full body check when coming from potentially tick-infested areas.**

- 🦋 **Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases**
- 🦋 **When you get home: wash clothes or put them in dryer if damp. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. When washing clothes first, use hot water. Cold and medium temperature water will not kill ticks effectively**
- 🦋 **If you find a tick attached to you:**
 - 7) The CDC says that if you can remove a tick within 24 hours, your chances of getting Lyme disease are pretty low—in fact, in most cases, it takes 36 to 48 hours before the bacteria that causes Lyme disease can infect you.
 - 8) Keep a cool head and find a good pair of pointy tweezers. Grasp the part of the sucker that's as close to the skin as possible; its mouthpiece is literally inside your skin. Then, pull upward carefully and steadily and either flush it down the toilet or, if you or your doctor want to ID it, put it in a sealed bag.
 - 9) Be sure to clean that area of your skin with soap and water or an alcohol wipe afterward