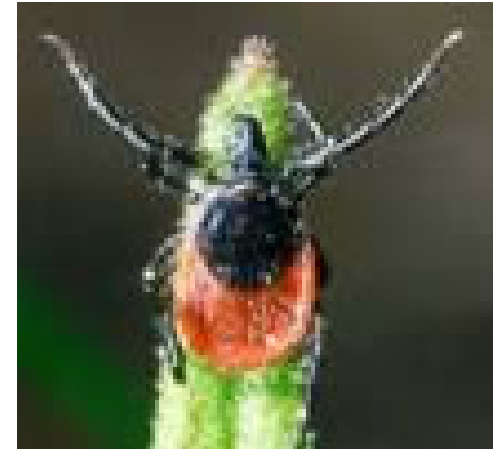


TICKS and What To Do

Ticks



- Tiny bugs that feed on blood
- Disease Carriers
 - Lyme Disease (Deer Tick –very small)
 - Rocky Mountain Spotted Fever (Dog Tick – larger)
 - 7-8 other diseases
- Found throughout Massachusetts



- Interesting Fact – Ticks usually crawl around the body for several hours before they attach

Where are they and when are they a problem?

- Ticks are EVERYWHERE!!
 - Shady, damp wooded areas
 - Grasses - particularly tall grasses
 - Not only in the woods – they can be in your back yard
- Most often a problem in Summer and Fall but can be found all year round



How to Avoid

- Use Repellants
 - EPA Insect Repellent with DEET
- Check for Ticks – Buddy system
 - Under the arms
 - Around the ears
 - Around the belly-button and the waist
 - Back of the knees
 - Around the hair
 - Between the legs
- Showering after being in the outdoors



How to Remove

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.



MYTHS

- Ticks Jump on you – NO, ticks attach by direct contact
- Paint the Tick with nail polish or petroleum jelly – NO, these do not help and have no effect on the Tick
- Heat the Tick with a match to make it detach – NO – you will more than likely burn your skin creating more problems
- Wait until it has engorged then remove – NO – remove as soon as discovered

Insect Bites and Stings

- Insects are everywhere
 - Spiders
 - Mosquitoes
 - Bees
 - Ants
- Most Reactions are mild, although sometimes painful
- Normally the signs and symptoms of a bite or sting will go away in a day or two
- People react differently

Treatment for mild reactions

- Move to a safe area to avoid more bites or stings.
- If needed, remove the stinger.
- Wash the area with soap and water.
- Apply a cool compress. Use a cloth dampened with cold water or filled with ice.
- Apply a cream, gel or lotion to the injured area.
 - Use products containing ingredients such as hydrocortisone, pramoxine or lidocaine to help control pain.
 - Use creams such as calamine lotion or those containing colloidal oatmeal or baking soda to help soothe itchy skin.
- Use over-the-counter medications. Try a pain reliever, such as acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others), or an antihistamine (Benadryl, Chlor-Trimeton, others).

Sever Reaction and Emergency Treatment

- Symptoms to watch for:
 - Difficulty breathing
 - Swelling of the lips, eyes or throat
 - Dizziness and confusion
 - Rapid Heartbeat
 - Hives
 - Nausea
- Treatment
 - Seek professional medical aid/ CALL 911
 - Asks about an Epi-Pen
 - Help the person do the injection if necessary
 - Have person lay on their side

Unit Responsibilities

- Identify soldiers who have previous or know reactions for bites or stings
- Have them medically evaluated and if necessary have a Medical Warning Tag issued
- Ensure Combat Life-Savers know how to administer epi-pens
- Establish and train the Field Sanitation Team
- Brief soldiers prior to training

REFERENCES

- AR 40-66 (Medical Warning Tags info) Chap 14
- TC 4-02.1 First Aid
- TC 4-02.3 Field Hygiene and Sanitation

QUESTIONS???