

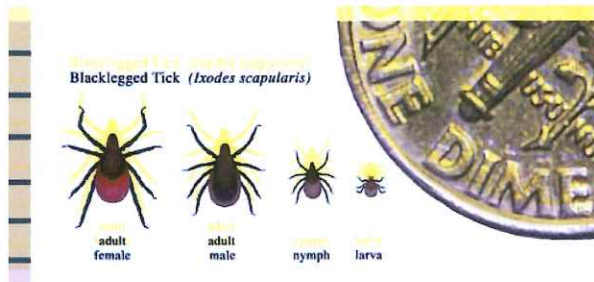
Welcome Back Outdoor Lab Explorers!

To the Parents/Guardians of Outdoor Lab Visitors:

Thank you for allowing your student to share the wonders of the Outdoor Lab with us today. School visits are always a special time at the Lab. We never lack for new discoveries and a chance for everyone to learn more about the world around them.

As a precaution, we recommend that you check your student for ticks. There are three common species of ticks that may be found at the Lab: the lone star tick, the blacklegged tick (or deer tick), and the American dog tick.

Ticks can transmit various diseases. Of particular concern is that the blacklegged tick may be a carrier of the organism responsible for Lyme disease. Therefore, we want to provide you some additional information about this species of tick.



People can pick up ticks on their hair, skin, or clothing when they brush against a leaf on which a tick is sitting. Unfortunately, some ticks are not always easy to see because of their small size. Young blacklegged ticks are only the size of a pinhead (larvae) or the size of a poppy seed (nymphs), and even adults aren't much larger than a sesame seed.

In the picture above, the ruler marks are 1/16th of an inch (source: CDC).

In particular, we suggest you check:

- In and around your student's hair and ears
- Under the arms and in back of their knees
- Around the waist and inside the belly button

What to do if you find a tick: If you do find a tick walking on you or your clothes, remove it and flush it down the toilet or sink. If the tick has started to bite, carefully remove it and clean the area and your hands with soap and water.

While unlikely, it is possible for some ticks to transfer the bacterium that cause Lyme disease. The symptoms of Lyme disease may appear anywhere from 3 to 30 days after a bite and may include fever, headache, fatigue, muscle and joint aches, and swollen lymph nodes. Some people develop a bull's-eye rash (a ring of red) around the site of the tick bite. If your student experiences these symptoms, and especially if you know they were bitten by a blacklegged tick, contact your doctor or a local health clinic.

For additional information on ticks and on Lyme disease, please visit the CDC website: <https://www.cdc.gov/lyme>.