



## Tick Borne Illness Prevention Protocol

Lyme's disease is the most common tick borne disease in the U.S. According to the Center for Disease Control. After a tick attaches, it may take as few as 24 hours until transmission occurs. A "bull's eye" rash occurs in roughly 70% of cases of Lyme's disease 3-30 days after the bite (one week after the bite is most common). Up to 30% of bites do not present with a rash. The incubation period from infection to onset symptoms may vary from several days to months and even years.

Children and staff spend time in activities such as hiking, camping and outdoor adventure where exposure in the woods and the perimeter of wooded areas increases the likelihood of tick borne illness.

At Camp Glen Brook:

1. We Do Two Tick Checks daily, during rest time and at bedtime.

- Staff and chaperones help younger students check their backs and possibly other parts of the child's body that are exposed when wearing a bathing suit.
- Campers will check their own private areas.
- Each bathroom is equipped with a full-length mirror and a hand mirror and a tick check poster as a reminder.
- Each Counselor has a Tick Check Checklist to help insure that campers are doing two checks daily.

2. If a tick is found it is reported to a Glen Brook staff person, who will remove it. **Removal within 24 hours significantly reduces the likelihood of infections.** This is why we have campers do two tick checks daily.

3. The tick will be placed in a ziplock bag along with a note that includes the camper's name, time, date and where on their body the tick was found. The bite site will be swabbed with alcohol and a circle around the bite will be drawn with a marker in case the rash presents.

4. A Glen Brook staff member will communicate with the child's family to determine what steps they would like to take next. We can send the tick to the tick lab of your choice (and at your expense) to have it tested to see if it carries Lyme, or send it home with the child.

Tick checks at Glen Brook are as routine as brushing teeth. We do our best to instill this health and safety habit that will support each individual's health beyond Glen Brook.

Visit [cdc.gov/ticks/](https://www.cdc.gov/ticks/) for further information about symptoms, prevention, and removal of ticks.

If you have questions please don't hesitate to call the Glen Brook office 603-876-3342.