



UAS Tick Protocol

When we spend time in the woods, we inevitably encounter ticks. Integral to Urban Adventure Squad's dedication to outdoor adventure and exploration is our firm commitment to the health and safety of our Squad members and staff. In this document, we outline the steps we take to protect our Squad members, and offer additional advice for how to conduct a thorough tick check at home. ***Only a parent or guardian can conduct a full body tick check; UAS Squad Leaders cannot do this. Please make sure to do a full body check after each UAS day.***

Ticks are tiny spiders that live in tall grass and woods. Most tick bites are not harmful, but ticks do carry [Lyme disease](#) and can transmit it through bites.

How to protect yourself and your Squad member:

- Wear a long sleeve shirt and long pants tucked into your socks
- [Pre-treat clothing with Permethrin](#). Do not apply permethrin directly to the skin.
- Use insect repellent with DEET in it.

UAS tick protocol:

- If we find a tick on a Squad member's clothing, we'll use tweezers to pull it off.
- If we find a tick in skin, we'll use tweezers to get it out and wash the bite with plenty of soap and warm water.
- We will store the tick in a plastic bag with the date and location that our Squad member picked up the tick.

As soon as Squad members return home:

- A parent or guardian should inspect their child's clothing for ticks. A tick found on clothing can be killed by laying the clothing in the sun for 15 minutes or running the clothing through the dryer.

- The child's skin and scalp should be washed in case any ticks are on their body but have not bitten.
- A parent or guardian should conduct a thorough tick check: check under the arms, in and around the ears, in the belly button, behind the knees, in and around the hair and scalp, between the legs, and around the waist.

In case of Lyme symptoms:

- If your child has a rash, headache, joint pain, fever with flu-like symptoms, or signs of a skin infection, call a doctor.
- Save a tick from a bite in a labelled plastic bag in the freezer. If your child develops symptoms of Lyme, you can choose to get a saved tick tested.

Adapted from [WebMD](#), [Bay Area Lyme Foundation](#), [AMC Outdoors](#), and [Groovy Green Livin'](#)

For more information on stopping ticks: www.cdc.gov/features/stopticks/