

Tick Prevention

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It Summertime! Outdoor work becomes regular, unfortunately so does the incidence of tick bites. Fortunately there are several tactics you can use to prevent tick bites and reduce your risk of tick-borne disease.

Some of the more common diseases that you can get from a tick bite include (listed alphabetically):

- [Babesiosis](#)
- [Ehrlichiosis](#)



[Lyme disease](#)

[Rocky Mountain spotted fever](#)

[Southern tick-associated rash illness](#)

[Tick-borne relapsing fever](#)

[Tularemia](#)

In some species and life stages, ticks are so small that they can be difficult to see, but all hungrily

look for animals and people to bite. Depending on the species, you can find ticks in various environments, often in or near wooded areas. You may come into contact with ticks when walking through infested areas or by brushing up against infested vegetation (such as leaf litter or shrubs). Ticks also feed on mammals and birds, which play a role in maintaining ticks and the pathogens they carry.

Protect Yourself from Tick Bites

Know where to expect ticks. Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. Always walk in the center of trails, in order to avoid ticks.

Use a repellent with DEET (on skin or clothing) **or permethrin** (on clothing) and wear long sleeves, long pants and socks. Products containing permethrin can be used to treat boots, clothing and camping gear which can

remain protective through several washings. Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can be applied to the skin, and they can protect up to several hours. **Always follow product instructions!**

Perform Daily Tick Checks

Check your body for ticks after being outdoors, even in your own yard. Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Check these parts of your body:

- Under the arms
- In and around the ears
- Inside belly button



- Back of the knees
- Under the arms
- In and around the hair
- Between the legs

Tick Prevention Cont.



Show soon after being outdoors. Showering within two hours of coming indoors has shown to reduce your risk of being bitten by a tick.

Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Placing clothes into a dryer on high heat for at least an hour effectively kills ticks.

What to Do If You Are Bitten by a Tick

Remove an attached tick as soon as you notice it. Watch for signs of illness such as rash or fever, and see a health care provider if these develop. For fully detailed information about tick removal, see the tick removal diagram.

Your risk of acquiring a tick-borne illness depends on many factors, including where you live, what type of tick bit you, and how long the tick was attached. If you become ill after a tick bite, see a health care provider.

Protective Clothing

There are ways to wear clothing and certain types of clothing available to help prevent tick bites.

Tuck long pants into boots, tuck long sleeve shirts into gloves, and or wear Bug Skins. There are several companies that make a light

weight clothing that acts as a second layer of bug resistant skin. They can be worn underneath clothing and are a breathable material.

Tick Removal

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. 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.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.



Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.



Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.



Workers' Compensation Corner



Workers' Compensation



Did you know that if you have an active workers' compensation claim you may be eligible for mileage reimbursement for travel to workers' compensation related medical appointments?



Per WC Rule 12(b)(1) mileage beyond the distance normally traveled to the workplace is allowed. Reimbursement for mileage for workers' compensation medical related travel is processed at the rate in effect at the time the mileage is incurred. Trips to the pharmacy are not reimbursable. Mileage reimbursement request forms are available on our website at http://bgs.vermont.gov/workers_comp/forms. Completed forms should be submitted to your workers' compensation claims adjuster at the Office of State Employee Workers' Compensation and Prevention.



SAFETY STATEWIDE



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Were On The Web!

<http://bgs.vermont.gov/workplace>

If you are interested in speaking with one of our Workplace Safety & Training Coordinators, please send an e-mail to:

riskhelp@state.vt.us

Safety Top 10 Safety Top 10

1. Design a safe work area.
2. Maintain a clean work area.
3. Involve your employees in the safety planning.
4. Provide clear work instructions.
5. Focus your safety efforts on the most likely problems.
6. Encourage your employees to bring safety deficiencies to management's attention.
7. Watch and learn how each employee performs their job.
8. Maintain all machinery in good working order.
9. Avoid unnecessary hazards.
10. Revisit your safety guidelines every year.

Safety Top 10 Safety Top 10

