



The Vermont Department of Health recommends the following actions:

1. Limit your exposure to ticks and tick habitats. Apply **insect repellent with up to 30% DEET** on skin and clothing when you go outdoors. Don't spray repellent on skin that is under clothing. **Permethrin** sprayed on clothing kills ticks on contact and gives protection through several washings. Do not use permethrin on skin.
2. Wear long pants, long sleeves and long socks. Tuck pant legs into socks or boots and tuck shirts into pants to keep ticks on the outside of your clothing. Light-colored clothing will help you spot ticks more easily.
3. Check your body and your child's body after being outdoors, **even in your own yard**. Use a mirror to look at all parts of your body (armpits, behind ears, groin, etc.) Shower soon after spending time outside where there might be ticks and after applying bug spray.
4. Remove any ticks as soon as you can.
5. Watch for symptoms: **fever, headache, joint pain, muscle aches, fatigue or a rash** soon after a tick bite. Not all people with Lyme disease report a rash. Symptoms may begin as soon as **three days after** a tick bite, but can appear as long as **30 days after**.

Resources:

www.healthvermont.gov

www.healthychildren.org



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Essex Pediatrics

Make your own First Aid Kit



Essential Summer Guide

Essentials

Pre-Made First Aid Kit

easiest and cheapest way to start; make sure it includes an assortment of Band-Aids, gauze, tape, and antibiotic ointment

Water Bottle

use to clean wounds, flush eyes, or treat dehydration

Oral Benadryl

use for insect bites, hives, and other allergic reactions; include liquid version if you have small children; follow directions for use on label

Numbing Spray

use for burns, painful cuts or scrapes; follow directions for use on label

Ibuprofen and Tylenol

use for fever and pain; include liquid version if you have small children; follow directions for use on label

Hydrocortisone Ointment

use for anything that itches, follow directions for use on label

Sun Screen

prevent sunburn by applying broad spectrum sunblock at least 15 SPF; apply 30 min prior to going outdoors and every 2hrs after swimming, sweating, or drying off with a towel; check with your child's doctor before using sunblock on children less than 6 months old

Baby Wipes

useful for just about everything!

Bug Spray

not recommended for use on children less than 2 months; repellents should contain no more than 30% DEET when used on children; apply repellent on the outside of your child's clothing and on exposed skin

Note: Permethrin-containing products should not be applied to skin.

*Did you know, you can
remove bee stingers by
scraping the skin with the
edge of a credit card?*

Maxi Pad

control a bleeding wound with a maxi-pad held in place with an ace bandage

ACE Bandage

useful for sprains and holding bandages in place

Chap Stick

helpful for lip injuries, sunburned and chapped lips

Prescription Medication

don't forget medication you might need while away from home, like asthma inhalers or Epi Pen

Small Scissors

Tweezers

Other Ideas

Gatorade

Flashlight

Clean Towel

Pre-made Finger Splint

Alcohol Wipes

Ziploc Bags

Instant cold packs

Tick remover

Small Magnifying Glass



The information contained in this publication is intended as a guide only and should not be used as a substitute for the medical care or advice of your pediatrician.