

Do not twist or jerk the tick; this may cause the mouthparts to break off and remain in the skin. Do not squeeze, crush or puncture the body of the tick. After removing the tick, thoroughly disinfect the bite site. Then wash your hands with soap and water.

If you or any children in your care have any signs or symptoms of tick-borne disease in the next three weeks, seek medical help. Symptoms of Rocky Mountain spotted fever include sudden onset of fever, headache and muscle pain, followed by development of rash. Symptoms of Lyme disease include "bull's eye" rash accompanied by nonspecific symptoms such as fever, malaise, fatigue, headache, muscle aches and joint aches. For more information regarding tick-borne diseases, including information regarding prevention, please go to: www.epi.state.nc.us/epi/tick.

Mosquito-Borne Illness



Mosquitoes carry West Nile virus, La Crosse encephalitis and Eastern equine encephalitis. Mosquitoes are most likely to bite you in the early evening and early morning, so limit your time outside during those hours. Wear long pants and long sleeves to limit the amount of exposed skin. Treat exposed skin with a mosquito repellent containing DEET. Remember to read the

label, and follow all precautions. Make sure cabins have screened windows and tents have mosquito netting.

If you or any children in your care have been bitten by a mosquito and begin to show possible symptoms of one of these diseases like a high fever, headache and/or neck stiffness, go to your doctor for an accurate diagnosis. There is no medication for these viral illnesses, but the symptoms can be treated.

Be Safe and Healthy

There's nothing like a Carolina blue summer sky or a Carolina moonlit night. Enjoying Carolina outdoors is an experience unlike any other. Just take a few precautions to ensure that your summer is safe and healthy.



State of North Carolina
Department of Health and Human Services
www.ncdhhs.gov

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Bat photos courtesy of CDC.

*Mosquito photos courtesy of CDC/Professor Frank Hadley Collins, Director of the Center for Global Health and Infectious Diseases at the University of Notre Dame.
Photo credit: James Gathany*



Summer Camping

... with
no bites.



North Carolina is a great place to spend the summer. With its sandy beaches, thriving rivers and soaring mountains, summer campers can have lots of fun. But, you need to be safe when you are camping. Being safe means being aware of the possibility of several preventable diseases that are borne by bats, wild animals, unvaccinated dogs and cats, ticks and mosquitoes.

Rabies

Luckily, there hasn't been a human case of rabies in North Carolina in more than 50 years, and we want to make sure that remains the case. Rabies is almost always fatal, but there are shots to prevent the disease in people who have been exposed. Rabies is found in bats, raccoons, foxes and other wild animals as well as unvaccinated dogs and cats.

In recent years, there have only been a few human cases of rabies in the United States and most of those cases were traced to bats. Bat bites can be difficult to detect and may not cause a person to wake from a sound sleep. Even seemingly minor physical contact with a bat can be a source of concern. Never handle a bat with your bare hands.

Do not sleep in a cabin, tent, shelter or lodging facility if bats are present. If you wake up and a bat is in your tent or cabin, it should be captured and tested for rabies as quickly as possible. Use care when capturing



a bat. Wear leather work gloves. You will need a small box or metal tin, a piece of cardboard and tape. When the bat lands, approach it slowly and place the box or tin over it. Slide the cardboard under the container to trap the bat inside. Tape the cardboard to the container securely. Your local health department will know how to get the bat tested. If you can't capture the bat, then you must talk with a physician about the next course of action.



Other wildlife, like raccoons, skunks and foxes, may also carry rabies. Never touch or "pet" wild animals whether they appear to be sick or not. Open containers of food and garbage may attract these animals to your campsite. If you are bitten by a wild animal, contact a physician immediately.



Avoid any physical contact with unfamiliar dogs and cats. Only pet animals that you know have been vaccinated against rabies.

Tick-Borne Illness

Ticks can carry several diseases, including Rocky Mountain spotted fever and Lyme disease. You can reduce your risk of getting bitten by ticks by taking proper precautions, especially when you are outside in areas where ticks are likely to be, including long grass, brambles and shrubby areas along the margins of woods and fields.

Wear long pants. Tuck your pants legs into sock tops and your shirt into your pants, so ticks will not be able to quickly attach to your skin. Repellents containing permethrin are available for treating clothing, as well as repellents containing DEET that can be applied to skin.

Always follow label directions when using repellents.



Check yourself and any children in your care at least every six hours and quickly remove any ticks you find. Pay particular attention to the areas at the nape of the neck, behind the ears, legs and around the waistband, which are favorite places for ticks to attach.

Remove attached ticks with fine-tipped tweezers or fingers shielded with a tissue, paper towel or rubber gloves. Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure.