

## June 8 – June 12

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Hello Families!

We have reached Phase 2! I don't think I have ever been more excited for outside dining options. This week I will talk about ticks and I will also go through what changes will occur in our areas in response to the COVID 19 pandemic and reopening process.

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### Ticks!

As we all flock outside to enjoy this amazing weather many of us have found that we are sharing our yards with some annoying visitors. Ticks. This little sneaky bugs can cause major issues however there are many things you can do to avoid them.

### Fun Facts

- Ticks are scientifically classified as *Arachnida* (a classification that includes spiders). The fossil record suggests ticks have been around at least 90 million years.
- Most tick bites do not transmit harmful microbes.
- There are over 800 species of ticks throughout the world, but only two families of ticks, Ixodidae (hard ticks) and Argasidae (soft ticks), are known to transmit diseases or illness to humans.
- Hard ticks have a scutum, or hard plate, on their back while soft ticks do not.
- Ticks do not jump, fly, or drop. They simply reach out with their legs and grab or crawl onto a host.

### Take Precautions

1. Treat dogs and cats with flea and tick medication regularly
2. Avoid areas that ticks call homes such as dead leaves and tall grass
3. Wear light-colored clothing so ticks can be easily seen, and brush them off.
4. Tuck pants into boots or socks to avoid ticks crawling up loose pant legs.
5. Apply insect repellent and use the brands designed to repel ticks.
6. Check yourself, your family and your pets from head to toe when coming into the house and at the end of the day.
7. Treat your yard for ticks and mosquitoes.

Keep Moving

### Jumping Jacks!!

How many jumping jacks can you complete in 30 seconds??

Challenge a family member to a jumping jack contest!

Nurse Courtney

Email: [claporte@cabiautism.org](mailto:claporte@cabiautism.org)

If you have any questions please do not hesitate to contact me.

# Signs and Symptoms of a tick bite









Unfortunately for the purpose of detection, the tick bite is usually painless and remains that way even after the tick stops the blood meal and falls off of the skin.

*Later, the bite site may develop:*

- Itching
- burning,
- redness or red spot, and
- Rarely, localized intense pain in the joints in some individuals.

## Symptoms of a *disease* caused by a tick bite

- Erythema Migrans - a rash that occasionally resembles a "bull's eye" is often the first sign of Lyme Disease.
- Weakness
- Nausea
- Fever
- Vomiting
- Heart palpitations
- Rash
- Joint pain and swelling
- Numbness
- Confusion

Ticks & Diseases Transmitted	
<b>American Dog Tick</b>  <ul style="list-style-type: none"><li>• Tularemia</li><li>• Rocky Mountain Spotted Fever</li></ul>	<b>Brown Dog Tick</b>  <ul style="list-style-type: none"><li>• Rocky Mountain Spotted Fever</li><li>• Q Fever</li></ul>
<b>Lone Star Tick</b>  <ul style="list-style-type: none"><li>• Southern Tick Rash Illness (STARI)</li><li>• Heartland Virus</li><li>• Tularemia</li><li>• Ehrlichiosis</li><li>• Q Fever</li></ul>	<b>Rocky Mountain Wood Tick</b>  <ul style="list-style-type: none"><li>• Colorado Tick Fever</li><li>• Powassan Encephalitis</li><li>• Rocky Mountain Spotted Fever</li></ul>
<b>Deer Tick</b>  <ul style="list-style-type: none"><li>• Lyme Disease</li></ul>	<b>Cayenne Tick</b>  <ul style="list-style-type: none"><li>• Rocky Mountain Spotted Fever</li></ul>
<b>Ixodes Ticks (Multiple Species)</b>  <ul style="list-style-type: none"><li>• Lyme Disease</li><li>• Babesiosis</li><li>• Powassan Encephalitis</li><li>• Anaplasmosis (HGA)</li></ul>	<b>Soft Ticks</b> <b>African Tick</b>  <ul style="list-style-type: none"><li>• Tick-Borne Relapsing Fever</li></ul>

# How to remove an embedded 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 or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

## COVID-19 (The Coronavirus)

### Where are we?

#### Phase 2: Week 1

We have made it to the first week of Phase 2! This is what is happening in Massachusetts this week.

June 8<sup>th</sup>:

- Restaurants can open for outdoor dining only.
- Retail Businesses can open for browsing with social distancing and occupancy restrictions
- Lodgings can open with social distancing restrictions. No events or functions.
- Funeral homes can begin services with 40% capacity
- Youth and amateur sports with detailed guidance
- Outdoor recreation facilities such as pools and playgrounds
- Professional sports without public admission
- Driving Schools
- Personal services without close physical contact such as house cleaning, photography and tutoring.

June 10<sup>th</sup>:

- Hospital patients can have one visitor

# What's reopened already?

*\*with restrictions and guidelines\**

Grocery Stores

Pharmacies

Manufacturing Industries

Construction Industries

Hair Salons

Barbershops

Pet Grooming Services

Places of Worship

Laboratories

Banks

Golf Courses



## Healthy Food of the Week

Challenge your child to eat/try...

## Cucumbers!

### Benefits of Cucumbers:

- 1) Contains Micronutrients
- 2) High in Potassium which helps maintain good blood pressure
- 3) Contains Compounds That May Help Prevent Cancer.
- 4) High in fiber which helps digestive health
- 5) May Lower Inflammation and Oxidative Stress.
- 6) Keeps the body hydrated due to being composed of 95% water
- 7) Helps strengthen bones