

### Keewaydin and Songadeewin Tick Policy

As is the case with most northeastern states, ticks that carry Lyme disease can be found in the woods and fields of Vermont. Lyme is carried by black-legged ticks (a.k.a. deer ticks). A black-legged tick must be embedded in a person's skin for a minimum of 24-36 hours in order to pass on Lyme disease. At Keewaydin and Songadeewin, if a tick has been embedded in a camper or staff for a minimum of 24 hours (or an undetermined amount of time) we recommend prescribing the appropriate antibiotics. We would consult parents in such a case.

It is important to note that if proper precautions are taken, it is safe to explore the fields and woods of Vermont and of the tripping areas we visit. In order to minimize the chances of campers and staff from getting tick bites and running the risk of contracting Lyme disease, Keewaydin has the following procedures.

Prevention:

- Staff members learn about ticks, Lyme disease, prevention measures and treatment during a wilderness first aid course
- Staff teach campers about ticks and Lyme disease, and about how to check themselves for ticks daily, including having "buddies" checking each other's backs
- Campers are reminded to check themselves once a day for ticks
- Staff instruct campers to do a tick check after activities on Mt. Moosalamoo or other areas where there may be ticks (e.g. trips)
- We encourage campers and staff to take measures to prevent ticks from getting on their bodies when going on Mt Moosalamoo and other areas likely to have ticks (e.g. spraying bug repellent with up to 33% deet onto clothing, wearing long sleeved clothing, wearing clothing treated with permethrin)

In the event of a tick bite:

- In the event of tick bite (tick embedded in the skin), the tick will be properly removed by the camp nurse or a trained staff member.
- Our nurses or staff will call parents and make a recommendation regarding whether or not it is advisable to administer antibiotics, based on the CDC protocol and advice of the Camp doctor.