



Civil Air Patrol – USAF Auxiliary

La Crosse Composite Squadron

## SAFETY NEWS

March 2017



### DEER TICK SAFETY AND PRECAUTIONS

With the arrival of warm weather comes the arrival of Deer Ticks. CAP wants to make sure you are aware and prepared to deal with them while in the field.

First, a little background. Ticks are not insects. They are arachnids, along with spiders and scorpions. They are dormant during the winter and become active and start looking for their first blood meal when the temperatures rise significantly above freezing.



The black-legged tick, also known as the deer tick, is the transmitter of the bacteria that causes Lyme disease.

Ticks also carry other diseases, such as Anaplasmosis, Babesiosis, Ehrlichiosis, Rocky Mountain spotted fever, Southern tick-associated rash illness, Tick-borne relapsing fever, and Tularemia. Symptoms can include flu-like symptoms, fever, fatigue, rash, headache, abdominal pain, vomiting, chills, joint pain, muscle aches, and occasionally abnormal heartbeat. Usually, these symptoms occur within 1-2 weeks of a tick bite. In some cases, there are no symptoms.

In general, the risk of developing Lyme disease after being bitten by a tick is only 1 - 3%. However, patients who have removed attached ticks from themselves should inform their doctors. Patients who have been bitten by a tick should be monitored for up to 30 days to make sure they do not develop symptoms of Lyme disease, especially the tell-tale bull's-eye rash. If you do develop a skin lesion or flu-like illness during this time, be sure to tell your doctor.

#### WHAT TO DO TO AVOID TICK BITES

\*Wear insect repellent with 20% or more DEET. Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can protect up to several hours. It can treat skin and clothing. Pay particular attention to legs and socks. Be aware that repellents may not prevent a tick from walking over treated areas to find an untreated area of your body.

\* Treat clothing with Permethrin. Permethrin is an insecticide, not a repellent, and is very effective in protecting you from both ticks and mosquitoes. **Note:** Permethrin is for your clothing, not your skin.

\* Wear long sleeves and long pants.

\* Tuck your pants into your socks. This will prevent ticks from getting under your clothes.

\* Light colored clothing helps you spot ticks easily.

Semper vigilans!

**Major Linda L. Zimmerman, CAP**

**Safety Officer**

**La Crosse Composite Squadron**

**(608) 790-6741**

[zimmermanll@yahoo.com](mailto:zimmermanll@yahoo.com)

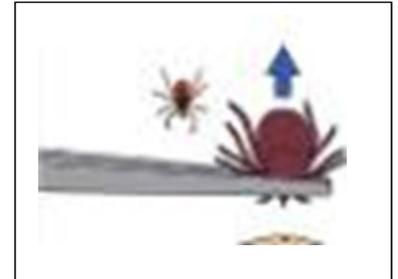
## WHAT TO DO TO AVOID TICK BITES - CONTINUED

- \* Do a tick check. If you feel a little tickle, check it out. You may not necessarily feel them. Have another person check places you cannot see.
- \* Pay particular attention to -
  - joint areas (behind the knee, crook of the elbow, in the armpit)
  - where clothing constricts (waistband, collar, etc.)
  - hidden spots (hairline, behind ears, bellybutton)

## REMOVING A TICK

Here's how to remove a tick that has attached:

- \*Have a fine-tipped tweezers on hand for proper removal of an imbedded tick.
- \*Grasp the tick's embedded head end, as close to the skin as you can. Be sure not to grasp the body, which will cause the tick to regurgitate bacteria back into you.
- \*Pull straight out without twisting or jerking. You want to get the whole tick, mouthparts and all.
- \* Wash the area with soap and water and apply an antiseptic.



## TREATMENT

Because these exposures are bacterial, the treatment is typically an antibiotic, such as doxycycline (a form of tetracycline) or Amoxicillin (in the penicillin family).

The most common side effects of nearly all antibiotics are gastrointestinal problems, including cramps, nausea, vomiting, and diarrhea. Allergic reactions can also occur with all antibiotics, but are most common with medications derived from penicillin or sulfa. These reactions can range from mild skin rashes to rare but severe, even life-threatening, anaphylactic shock.

Some drugs, including certain over-the-counter medications, interact with antibiotics. Patients should report to their doctors all medications they are taking.

**IT IS IMPORTANT TO NOTIFY YOUR GTL IMMEDIATELY OF EXPOSURE!**

## SAFETY DOWN DAY

Our annual Safety Down Day will be held on Monday, 27 February for Cadets beginning at 1830 hours, and again on Saturday, 4 March at our monthly Squadron Meeting, beginning at 1000 hours.

This year's training will be on Operational Risk Management (ORM).

Operational Risk Management is a process designed to detect, assess and control risk, and at the same time, enhance mission performance. Simply put, it's a methodical, six-step process to manage inherent risk. CAP has formally endorsed the use of ORM for all activities.

Risk management can be accomplished on three levels. One of the objectives of risk management training is to develop sufficient proficiency in applying the process so that risk management becomes an automatic part of the decision-making methodology during CAP activities.

***All Senior Members and Cadets are encouraged to attend  
Safety Down Day on either 27 February or 4 March!***