

YOUR ASSIGNMENT

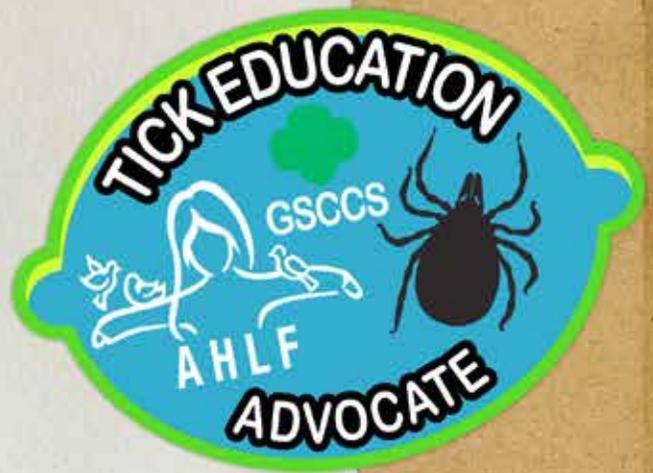
**PROJECT:
TICK**




girl scouts
of central california
south

GSCCS
and
ALEX HUDSON
LYME FOUNDATION
present

**Tick Aware &
Tick Education
Advocate
Patch Programs**



ACKNOWLEDGMENTS

Alex Hudson Lyme Foundation

In the creation of this patch program an indelible partnership has developed between Girl Scouts of Central California South and the Alex Hudson Lyme Foundation. Our Girl Scout Council extends gratitude to the Alex Hudson Lyme Foundation for their incredible support, collaboration and leadership in the production of this program.



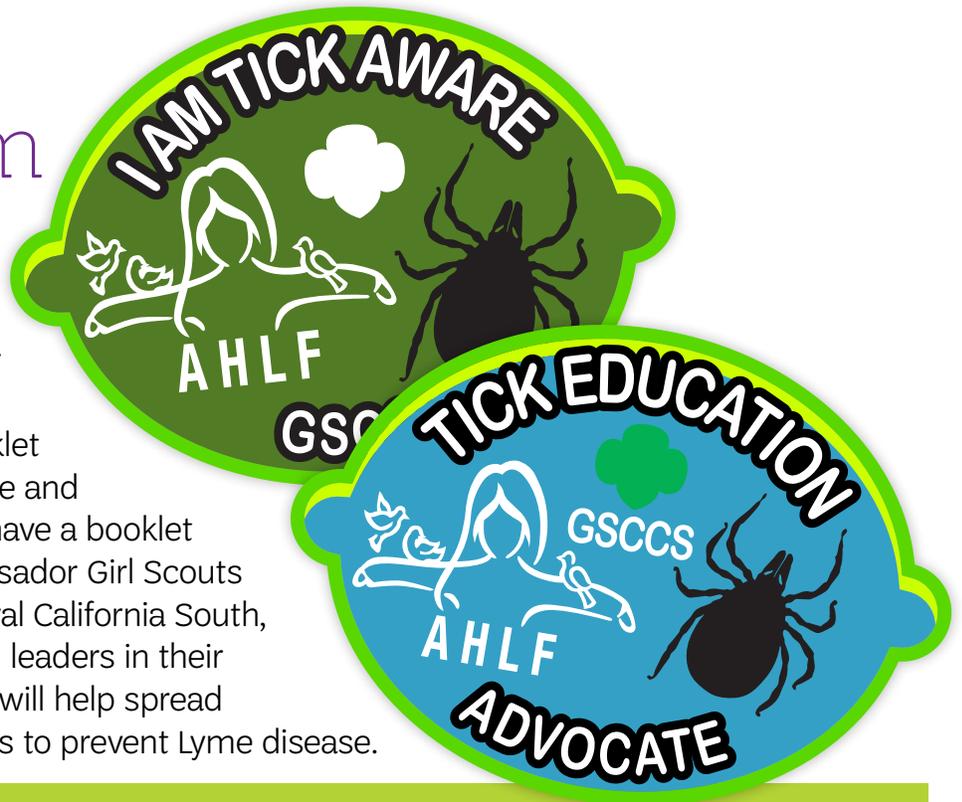
Additional Thanks to...

- » Amy Whitley
- » Bay Area Lyme Foundation
- » Center for Disease Control, Lyme Disease Index
- » Global Lyme Alliance
- » U.S. Department of Health and Human Services



Tick Aware Patch Program

Girl Scouts of Central California South and the Alex Hudson Lyme Foundation have collaborated on a special patch to help educate our girls and their families on ticks and Lyme disease prevention. This booklet is designed with your Daisy, Brownie and Junior Girl Scouts in mind and we have a booklet for our Cadette, Senior, and Ambassador Girl Scouts as well. Here at Girl Scouts of Central California South, we know that our girls are powerful leaders in their communities and our hope is they will help spread awareness and knowledge to others to prevent Lyme disease.



ABOUT THE ALEX HUDSON LYME FOUNDATION

Alexandra Hudson lost her life to Lyme disease and MCAS (Mast Cell Activation Syndrome) on March 24, 2018. After a decade of being shuttled in/out of hospitals and eventually being labeled a “medical mystery,” Alex finally received the proper diagnosis in May of 2017. By then, it was too late. With one unnoticed tick bite, she had gone from a healthy, athletic 12-year-old bundle of energy to bearing a decade-long burden of an incapacitating and unknown disease. Alex was just 22 when she died.

Jody Hudson, Alex’s mother, has taken up her daughter’s crusade and in June of 2018 formed the Alex Hudson Lyme Foundation. This 501c3 has grown steadily in just a little over a year. From granting scholarships to help Lyme patients pay for their medical expenses, to raising funds for research grants aimed at both Lyme disease and MCAS, AHLF continues to gather the help and support of the Fresno community to honor Alex’s legacy.

The Alex Hudson Lyme Foundation collaborates with state and national Lyme organizations in raising awareness and education. Locally, we are working with several organizations, like the Girl Scouts of Central California South, to promote educational materials so children, and their families, will become more aware of the dangers of tick borne illnesses. In addition, we will be reaching out to our medical professionals and encouraging them to attend CME’s so they can be properly trained in diagnosing Lyme disease and its symptoms.

We have much work to do in the Central Valley, but we are confident in our collaborations and efforts so we can support the AHLF team’s passion for assisting the Lyme and MCAS community the same way that Alex would have helped those around her: with love, compassion and an understanding heart.

Become Tick Aware

Follow the guidelines for your Girl Scout Level and purchase patch at our Goldmine stores.



DAISY LEVEL

Complete the following:

1

option in

DISCOVER

1

option in

CONNECT

1

option in

TAKE ACTION



BROWNIE LEVEL

Complete the following:

2

options in

DISCOVER

1

option in

CONNECT

1

option in

TAKE ACTION



JUNIOR LEVEL

Complete the following:

2

options in

DISCOVER

2

options in

CONNECT

1

option in

TAKE ACTION



CADETTE LEVEL

Complete the following:

3

options in

DISCOVER

3

options in

CONNECT

2

options in

TAKE ACTION



SENIOR LEVEL

Complete the following:

3

options in

DISCOVER

3

options in

CONNECT

2

options in

TAKE ACTION



AMBASSADOR LEVEL

Complete the following:

3

options in

DISCOVER

3

options in

CONNECT

2

options in

TAKE ACTION

MORE INFO ON THE
PATCH PROGRAM:
www.girlscoutsccs.org

Discover Options

» Learn about how ticks can make you sick

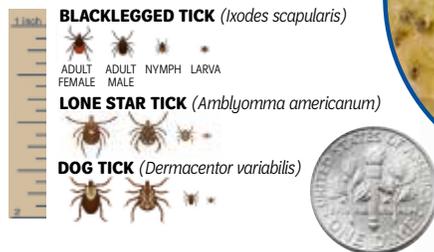
The Blacklegged Tick can sometimes make you sick if they bite you. They can carry Lyme disease. After being bitten, some people feel sick like the flu. They may have stomach aches, fevers, and headaches. Find out more online:



<https://pestworldforkids.org/pest-guide/ticks/>

» Learn about the size of ticks ★

Ticks are tiny, about the size of a poppy seed. See pictures or learn more about ticks by watching the online video:



<https://www.youtube.com/watch?v=tXaKXhxy868&t=352s>



» Learn about the environments where ticks like to live

Shaded areas, moist areas, weedy areas, tall grasses, woodpiles, stone walls, ground cover, leaf litter, and leaf piles. Check out this Comic Strip online to find out how to protect yourself:

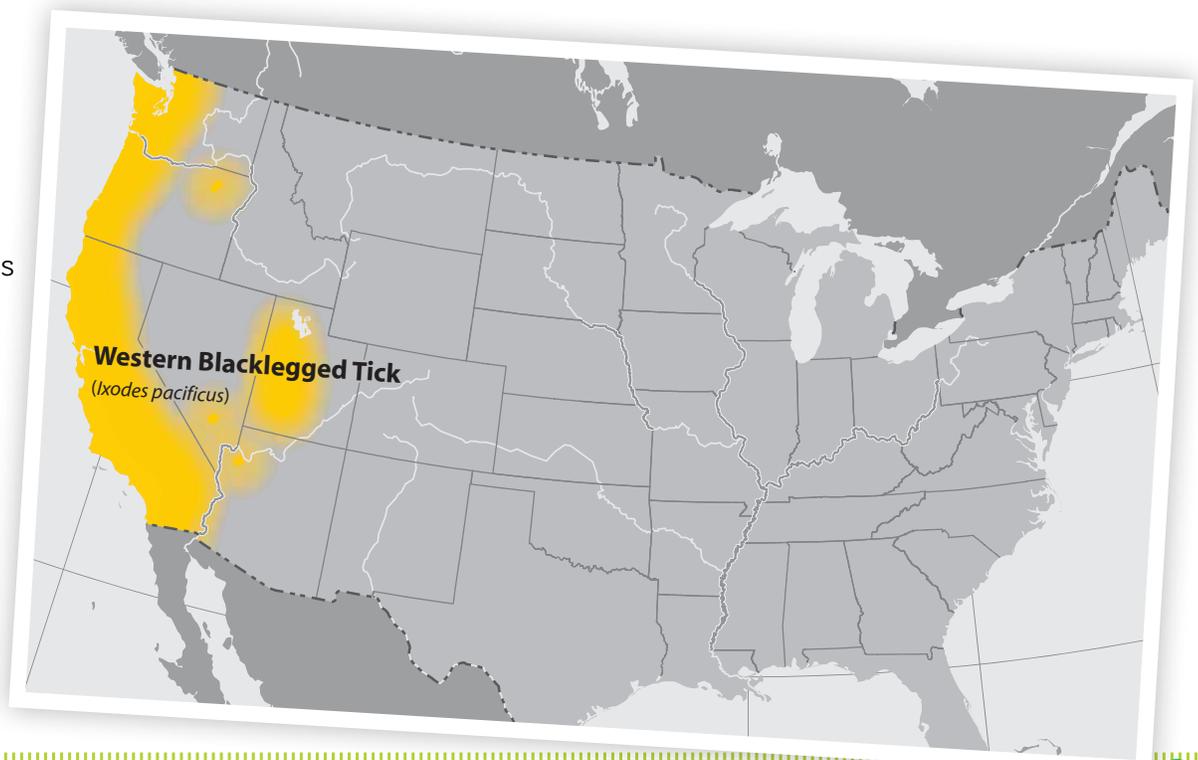


https://www.cdc.gov/lyme/resources/toolkit/DontletTicksbiteMeComicFS_508.pdf

» Learn about the locations where ticks like to live

The Western Blacklegged Tick is very common in the Central Valley and the state of California.

Please note that ticks are present in all states.



Discover Options (CONTINUED)

» Learn about the tick life cycle ★

Late July and early August

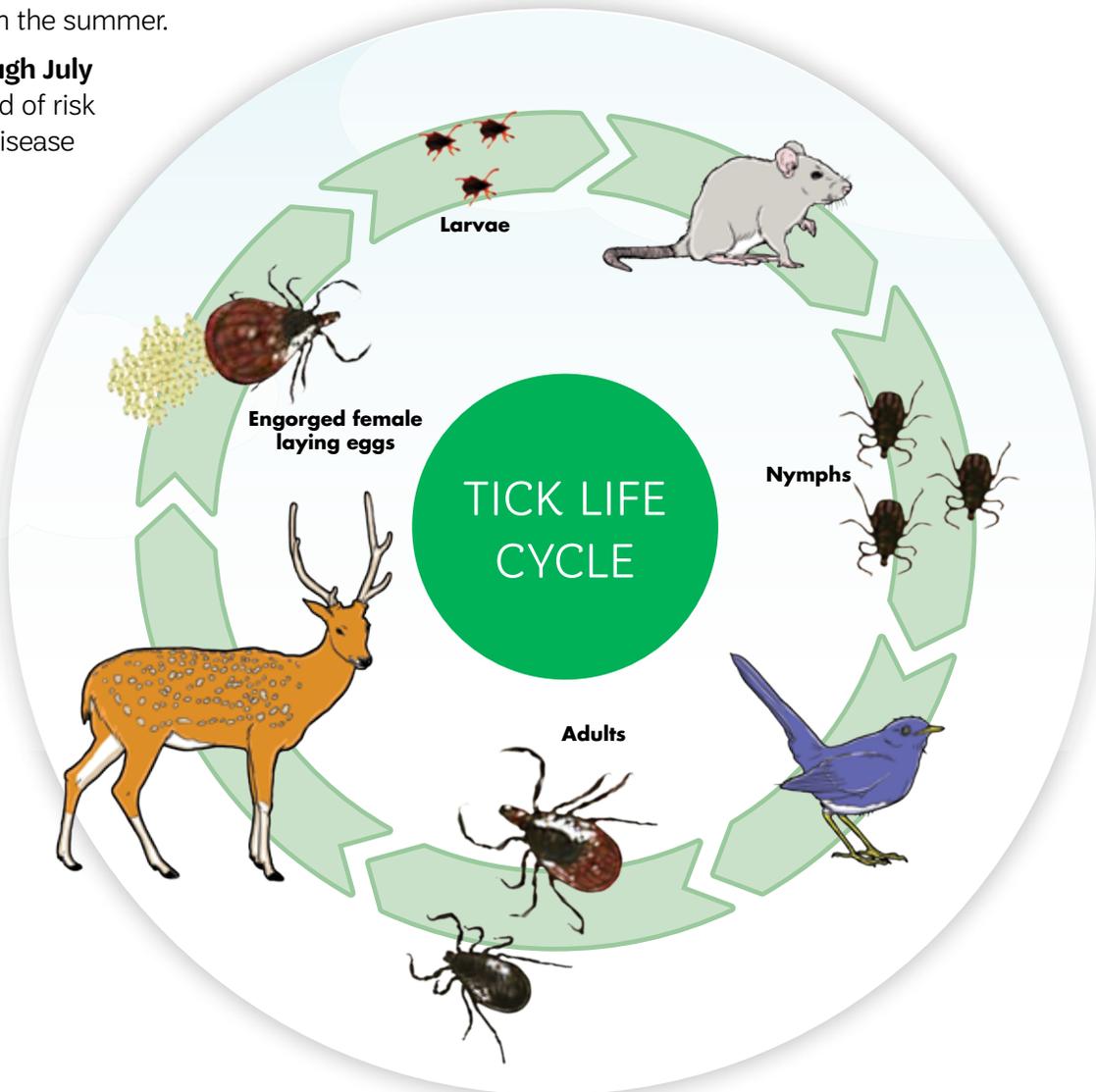
The tick life cycle begins with hatching of larval ticks from up to 3,000 eggs laid by a female tick.

August through September

The tick feeds on whatever animal or human it can attach to — mice, chipmunks, deer, and birds are common carriers. The tick will drop off from the host after engorging with blood; they develop into nymphs and reappear in the summer.

May through July

Peak period of risk for Lyme disease



Connect Options

» **Learn about where to check for ticks** ★

Every time you go on a hike, camping, or outside in places where ticks like to live, be sure to check yourself from head to toe. Make sure you check all the hiding places.



Connect Options (CONTINUED)

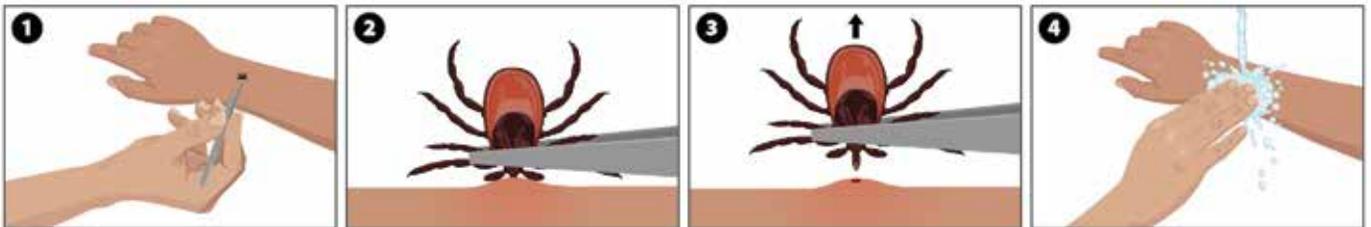
» Learn about what to do if you find a tick

If you have checked yourself from head to toe and found a bump, get a trusted adult and ask them to check out the bump. Learn how to remove it safely.

Tick bites can make people sick. Below are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick.

Remove the tick as soon as possible

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your healthcare provider for identification, put it in rubbing alcohol or place it in a sealed bag/ container.



Watch for symptoms for 30 days

Call your healthcare provider if you get any of the following:

- Rash
- Headache
- Fever
- Muscle pain
- Fatigue
- Joint swelling and pain

Treatment for tickborne diseases should be based on symptoms, history of exposure to ticks, and in some cases, blood test results. Most tickborne diseases can be treated with a short course of antibiotics.

Common questions after a tick bite

Should I get my tick tested for germs?

Some companies offer to test ticks for specific germs. CDC strongly discourages using results from these tests when deciding whether to use antibiotics after a tick bite.

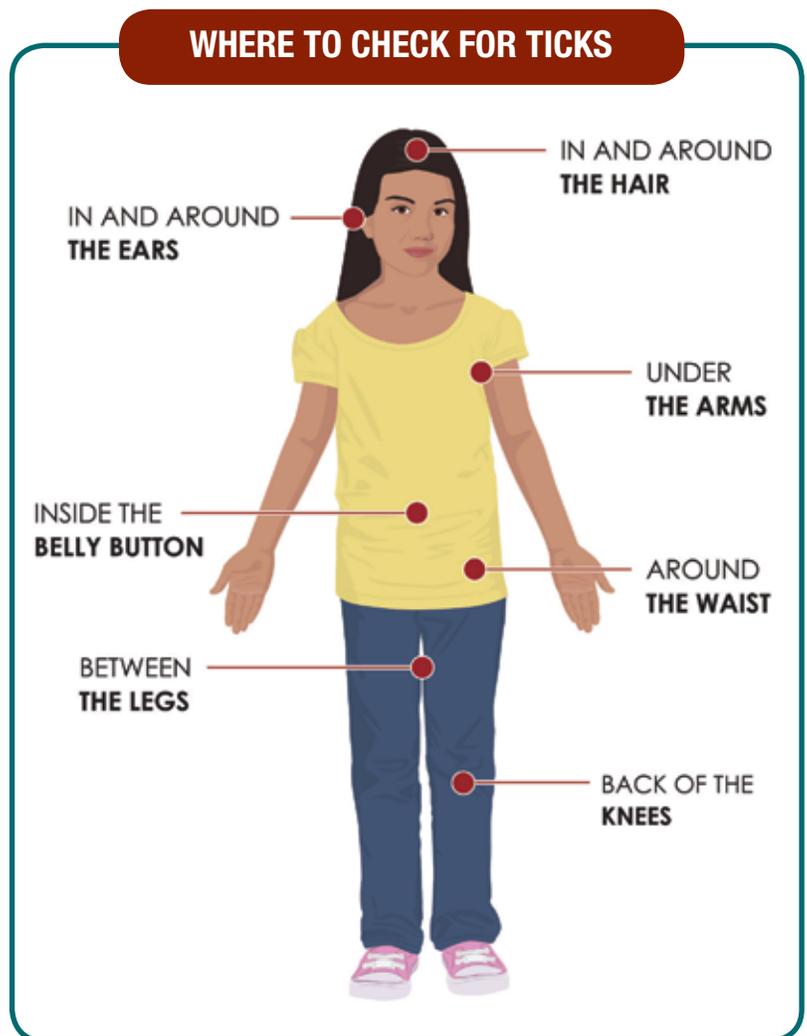
- Results may not be reliable. Laboratories that test ticks are not required to meet the same quality standards as laboratories used by clinics or hospitals for patient care.
- Positive results can be misleading. Even if a tick contains a germ, it does not mean that you have been infected by that germ.
- Negative results can also be misleading. You might have been bitten unknowingly by a different infected tick.

Can I get sick from a tick that is crawling on me but has not yet attached?

Ticks must bite you to spread their germs. Once they attach to you, they will feed on your blood and can spread germs. A tick that is crawling on you but not attached or full of blood could not have spread germs. However, if you have found a tick crawling on you, it's a sign there may be others: do a careful tick check.

How long does a tick need to be attached before it can spread infection?

Depending on the type of tick and germ, a tick needs to be attached to you for different amounts of time (minutes to days) to infect you with that germ.



Connect Options (CONTINUED)

» Learn about the size of ticks

Find a scratch piece of paper and trace your hand on it. Now, draw one dot on the palm of your hand or ask an adult for a small seed like a poppy seed, sunflower seed, or a sesame seed. This is how small a tick is. Compare the size of the dot or seed with the ticks in the Discover Options section on page 5 to see how small of an object you are looking for.

» Learn about where you play ★

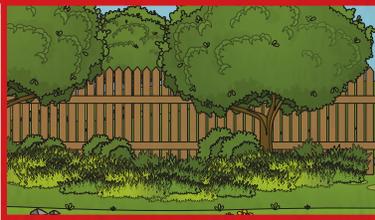
Make a list (ask an adult to help if you need to) of where you play and check if it is shady, moist, has long grass, ground cover or has bushes with wet leaves. If your play areas have any of these characteristics, you should be Tick Aware in these spaces.

» Learn about symptoms of Lyme Disease ★

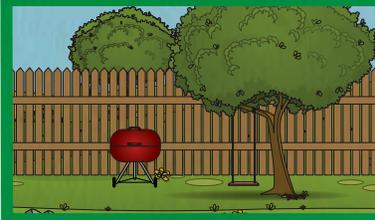
There are many signs and symptoms of Lyme Disease, but “bulls-eye” red rash is a definitive symptom of Lyme Disease. This rash can vary, and there are many other symptoms that Lyme disease can exhibit. See more information about symptoms on the next page.

Ticks can live in many conditions.

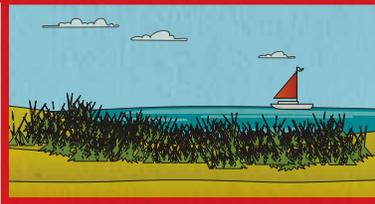
Long grass, ground cover and dark places to hide



Clean yard with short grass



Beach grass



Open shorelines with sandy beaches



Warm, wet grounds covered with bushes and wet leaves



Sports fields with short grass



TICK BORNE RASHES

Bull's Eye Rash

Appears in 70–80% of Lyme Disease and STARI patients, caused generally by the deer or brown tick

Spotted Rash

Spotted rash appears in cases of Rocky Mountain Fever, caused by the Rocky Mountain tick, in 35–60% of patients

Skin Ulcer

Skin ulcer or open skin wound at bite site — a sign of tularemia — is accompanied by swollen lymph glands

SIGNS & SYMPTOMS OF LYME DISEASE

There are many signs of Lyme disease, and a hallmark of the disease is the fluctuation of symptoms.

Head, Face and Neck:

- Headache
- Facial paralysis (Bell's palsy)
- Tingling of nose, cheek, or face
- Twitching of facial/other muscles

Respiratory/Circulatory Systems:

- Heart palpitations
- Heart block, murmur

Psychiatric Symptoms:

- Mood swings, irritability, agitation
- Anxiety
- Personality changes
- Feeling as though you are losing your mind

Cognitive Symptoms:

- Poor school or work performance
- Attention deficit problems, distractibility
- Difficulty with concentration, reading, spelling
- Difficulty in multitasking

Skin Problems:

- Erythema migrans (rash)

Ocular:

- Double or blurry vision, vision changes
- Light sensitivity

Auditory:

- Sound sensitivity/pain in ears

Musculoskeletal System:

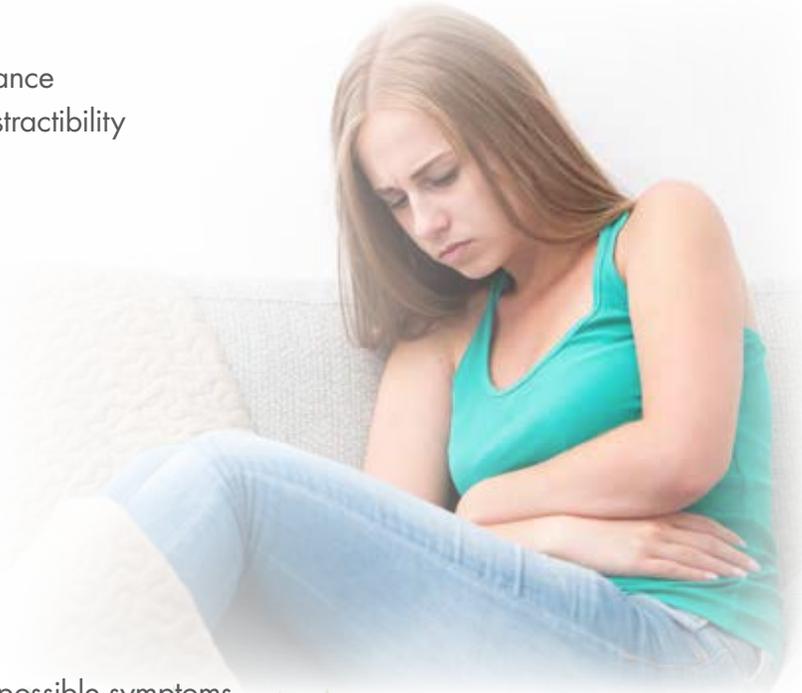
- Joint pain, swelling, or stiffness
- Migratory joint pains
- Muscle pain or cramps

Neurologic System:

- Numbness in body, tingling, pinpricks
- Burning/stabbing sensations in the body
- Burning in feet

General Well-being:

- Extreme fatigue, exhaustion



This is a partial list – there are many possible symptoms.

Take Action Options

» **Memorize the steps for **AWARE** and teach another Girl Scout** ★

A Avoid areas where ticks live. Ticks thrive in woodpiles, long grass, leaf piles, and beach grass.

W Wear light-colored clothing; long pants, sleeves, socks, and closed-toe shoes. Tuck long hair into a hat.

A Apply EPA-approved tick repellent (such as picaridin or DEET) on skin and insecticide (such as permethrin) to clothing and shoes as directed.

R Remove clothing upon entering the home and toss into clothes dryer at HIGH temperature for 10–15 minutes.

E Examine yourself and your pets for ticks daily. Check everywhere ticks love to hide.

» **Become a Tick Aware advocate in your troop, family, and school** ★

When you go on outings, make a plan to share your tick awareness with your group.

» **Help a trusted adult learn how to remove a tick safely**

Review the steps on page 8.

» **Ask adults to clean and maintain play areas with short grass and no leaves or piles of leaves where ticks like to live**

» **Dress for protection**

Next time you go where ticks live, wear a hat, long-sleeved shirt, long pants tucked into socks, light colors, and closed-toe shoes.

MORE INFO ON THE
PATCH PROGRAM:
www.girlscoutscs.org

Get involved & learn more



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