



From the Nurse's Office

New Paltz Middle School

May/June 2017

Hello NPMS families! With only a few weeks of the school year remaining, I want to provide some tips to help keep you all safe this summer.

TICK BITES and TICK-BORNE DISEASES

In the United States, the majority of people get tick bites and tick-borne diseases most often between the months of May - July. The most common symptoms of tick-related illnesses can include, but are not limited to:

- Fever and/or chills
- Aches and pains
- Rash
- Headache
- Fatigue

The CDC recommends that taking the following actions can help reduce the risk of getting bitten by a tick:

- ⇒ Avoid areas with high grass, and walk in the center of trails when hiking.
- ⇒ Use repellent that contains 20 percent or more DEET on exposed skin for protection that lasts several hours. Parents should apply repellent to children. The American Academy of Pediatrics recommends products with up to 30 percent DEET for kids. Always follow product instructions.
- ⇒ Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents, or look for clothing pre-treated with permethrin.
- ⇒ Treat dogs and cats for ticks. Dogs are very susceptible to tick bites and to some tick-borne diseases, and may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly "top spot" medications help protect against ticks.
- ⇒ Bathe or shower as soon as possible after coming indoors to wash off, and more easily find crawling ticks before they bite you.
- ⇒ Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. Remove any ticks right away.

As always, early recognition and treatment decreases the risk of serious complications. See your doctor immediately if you have been bitten by a tick and experience any of the symptoms listed above.

All my best,

Nurse Erin

FALL 2017 SPORTS SIGN UPS



Signups for the 2017 fall sports season have begun! Modified Fall sports include:

- Boys Soccer
- Girls Soccer
- Girls Volleyball
- Boy's Football
- Cross Country

-JV/Varsity football, for all sports listed above, as well as, Girl's Varsity Swim

To sign up, your son/daughter must have a current physical, signed consent forms, and an emergency contact card filled out.

Sign-up sheets, as well as consent forms will be available in the Nurse's Office.

Forms are also available on the District Website at the link below. Test-ups for JV and Varsity level sports will be held at the high school in late June/early July.

Please view the website for details as they become available.

<http://www.newpaltz.k12.ny.us/cms/lib/NY01000611/Centricity/Domain/26/PERMISSION%20FORM1314.pdf>

FOR BEST PRACTICE ON HOW TO REMOVE A TICK, PLEASE CLICK THE LINK BELOW.

<http://www.tickencounter.org/prevention/>