

OUTDOOR PREPAREDNESS CHEAT SHEET



Tick and Mosquito Alerts and Illness Prevention

Months/Seasons

Seasonal Gear



At home:

- Apply bug spray in AM before school, on days with temperatures over 40°F.
- Keep clearly-labeled bug spray at school.
- **Conduct thorough tick checks each evening (Bath time is the best time! Check in warm, dark crevices and hairlines.)**



At school:

- Staff or student reapplies bug spray, as needed.
- Staff or student checks clothing and hairlines (Please note that ticks can be hard to spot and can easily attach at any time/location, which is why we encourage thorough checks at home each night).

Daily Home Routine Reminders



AM: Bug spray

AM: Sun screen

PM: Tick search



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- Light jacket or sweater/sweatshirt
- Mittens & hat, as needed
- Bug spray



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- Medium-weight jacket to heavy winter coat
- Hat
- Warm mittens
- NO scarves
- NO sweatshirts or jackets with strings

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Tick activity continues in mild winter weather (>40°F) without snow cover

- Snowy Days**
+ Snow boots
+ Snow pants



M



A

- Light jacket or sweater/sweatshirt
- Mittens & hat, as needed
- Bug spray



M

- Bug spray
- Sun screen
- Sun hat/baseball cap

J

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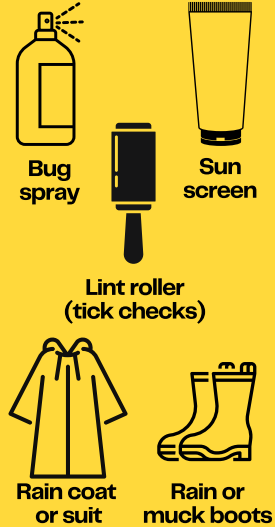
A

Tick Nymph Season



- Water Play Days**
+ Bathing suit
+ Towel
+ Closed-toe water shoes

Keep at School (year-round)



Clearly label all possessions