

# PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER

June 2020

## Be Aware of Ticks



Black Legged Tick



American Dog Tick

A variety of diseases may be spread by ticks in Minnesota. The majority of tickborne diseases result from the bite of an infected blacklegged tick (also known as the deer tick). Preventing exposure to blacklegged ticks requires diligence.

- Blacklegged ticks (deer ticks) are found in wooded or brushy areas and have been found throughout most of the wooded parts of the state. They are most active in spring and fall.
- American dog ticks (wood ticks) are found in grassy, more open habitat and woods, and are found throughout Minnesota. They are most active in spring and early summer.

## Use Tick Repellent

- Choose an EPA-registered product so you know it is safe and effective against tick bites.
- Products containing permethrin, which are used on clothing and gear, are especially recommended for people who spend a lot of time in wooded areas.
  - Do not use permethrin on your skin.
- Standard DEET-based products are another option.
- Use a product containing no more than 30 percent DEET for adults.
- Concentrations up to 30 percent DEET are also safe for children (according to reports from the American Academy of Pediatrics). Do not use DEET for infants under two months of age.
- Follow the manufacturer's directions for all repellent applications.
- Products containing DEET or permethrin will also protect you from mosquito bites and [mosquitoborne diseases](#).

# INTER-COUNTY NURSING SERVICE



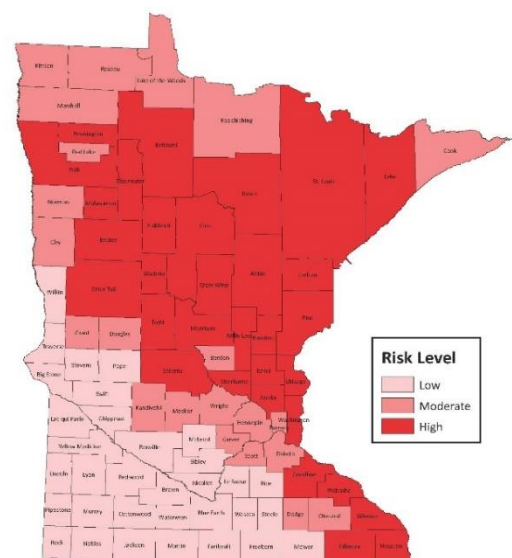
## Check frequently for ticks – at least once a day.

- Ticks must remain attached for one to two days before they can transmit the [Lyme disease](#) bacteria.
- Some research suggests that [anaplasmosis](#) may be transmitted more quickly.
- Bathe or shower after coming indoors to wash off and more easily find ticks that may be crawling on or attached to you.

## If you find a tick on yourself, remove the tick as soon as possible.

- Prompt tick removal is important in order to lower your risk of tickborne disease transmission.
- Use a pair of tweezers or your fingers to grasp the tick by the head, close to the skin.
  - Pull the tick outward slowly, gently, and steadily
  - Clean the area with soap and water.
- Avoid folk remedies like Vaseline®, nail polish remover or burning matches - they are not a safe or effective way to remove ticks.

## Tickborne Disease Risk in Minnesota



Risk is based on average incidence (cases/100,000 population) of Lyme disease, anaplasmosis, and babesiosis in Minnesota, 2007-2015.

# National Healthy Homes Month

June 2020

Healthy Housing for All



This year's theme is "**Healthy Housing for All**". By stressing the importance of home maintenance, the aim is to highlight the connection between your internal environment and your health.

## Eight Principals of a Healthy Home

- 1. Keep it dry:** Prevent water from entering the home through leaks in roofing systems, prevent rainwater from entering due to poor drainage, and check plumbing for any leaking.
- 2. Keep it clean:** Control the source of dust and contaminants, reducing clutter, and using effective wet-cleaning methods.
- 3. Keep it safe:** Store poisons out of the reach of children and properly label. Secure loose rugs and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand.
- 4. Keep it well ventilated:** Ventilate bathrooms and kitchens and use whole-house ventilation for supplying fresh air to reduce the concentration of contaminants in the home.
- 5. Keep it pest-free:** All pests look for food, water, and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers, along with least-toxic pesticides.
- 6. Keep it contaminant-free:** Reduce lead-related hazards in pre-1978 homes. Test the home for radon. Install a radon removal system if levels above the EPA action level are detected.
- 7. Keep it well maintained:** Inspect, clean, and repair the home routinely.
- 8. Keep it thermally controlled:** Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.

[https://www.hud.gov/program\\_offices/healthy\\_homes/nhbm](https://www.hud.gov/program_offices/healthy_homes/nhbm)

## Parenting Tips

### Watermelon Soap Foam Sensory Play



#### How to make watermelon soap

Need: Soap foam, liquid watercolors, watermelon Jell-O powder, black glass stones, buttons or pom poms.

To make soap foam, combine liquid soap with a splash of water and mix with a hand blender, electric mixer, or stand mixer until you make a frothy foam.

Alternatively, you can use a foaming hand soap dispenser to make soap foam and that's actually a great way to work on your child's fine motor skills. Add red liquid watercolors to the soap foam. To make the soap watermelon scented, add some watermelon Jell-O powder to the soap foam. Once the soap foam is nice and pink, add the black "watermelon seeds." Playing in the pink foam is a messy clean fun, such a sensory delight. Your child may enjoy picking out all of the watermelon seeds buried in the soap foam. It is like being on a treasure hunt for watermelon seeds.

Once your child picks out all the seeds, they can count them and wash them off in a bucket of clean water.

<https://www.andnextcomesl.com/2015/08/watermelon-soap-foam-sensory-play.html>



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