



The East Side Flyer

www.eastsidefire.com

May 2018



TICK SEASON – MAY, JUNE, JULY, AUGUST

SOME FACTS ABOUT TICKS

- They crawl up. They don't jump, fly or fall from trees onto your head or back.
- Ticks come in small, medium and large. A nymph is the size of a poppy seed, while an adult is about the size of an apple seed. They are not insects, but members of the arachnid family.
- They can be active in winter. Freezing temperatures don't kill some ticks.
- Ticks carry disease-causing microbes. Tick-transmitted infections are more common now than in past decades.
- Only deer ticks transmit Lyme's Disease. Although the deer tick isn't prevalent in Idaho, there have been several confirmed and many more suspected cases of Lyme's disease over the past decade.
- There are 2 other species of ticks in Idaho that transmit disease. They are the Brown Dog Tick and the Rocky Mountain Wood Tick. The Rocky Mountain tick lives in elevations above 4,000 feet.
- Ticks are mainly active outdoors in wooded areas, and areas with shrubs, trees and tall grasses.



IF YOU GET BITTEN

- You will read or hear about different ways to remove a tick that has attached itself to your body. One way is to use very pointed tweezers, grab the tick at the skin level and with a gentle rocking motion, pull the tick out. This method was recommended especially for removing a nymph, which is very small. Other methods include poking the tick with a hot match (not flaming), immersing the area in rubbing alcohol, or covering with Vaseline.
- Once the tick is removed, don't smash it or dispose of it. Save it in a plastic bag in case you develop symptoms of a tick-borne disease. The treating physician will want to see it.

SYMPTOMS OF A TICK-BORNE DISEASE

- Fever and chills; headache, fatigue, muscle aches
- Rashes – The Brown Dog Tick, which can transmit Rocky Mountain Spotted Fever (RMSF), may produce a vague rash on extremities. Rocky Mountain Wood Ticks can transmit RMSF and tularemia. With tularemia, an ulcer and swelling will develop at the bite site, accompanied by swelling of regional lymph glands, usually in the armpit, groin or neck. The Lyme's disease rash will exhibit a target rash, with redness at the tick bite site and a "halo" rash around it. Suspected Lyme's disease or RMSF or tularemia should be treated immediately.

PREVENTION OF TICK BITES

- Reduce tick abundance in your yard by using sprays.
- Wear tick-repelling clothing when in the woods, or use tick-repellant spray.
- Treat pets monthly for ticks.
- Ticks like warm, moist areas, like the armpit, groin and scalp. Do a quick body scan when showering.
- It may take 24-36 hours for ticks to find a place they like and begin to burrow, so you have some time to find them.

BURN PERMITS REQUIRED MAY 10 – OCTOBER 20

Permits can be obtained from ESFD Arrow Point Station

Monday – Friday, 8:00AM – 12:00 noon.

You can also obtain one online. Follow the link from our website www.eastsidefire.com

The link is just below the daily fire danger report.

Call ESFD at 208 769-4269 when you plan to burn. **ALWAYS** call 800 633-6247 for air quality restrictions.

Be mindful of your neighbors with respect to smoke
Clear at least an 18" ring around your burn pile – down to mineral earth
Debris, such as pine needles on the ground, can burn amazingly fast. Be cautious!



Check out the photos of our Firefighter and EMS Competition! ESHD ROCKS!
www.eastsidefire.com