



NORFOLK VOLUNTEER FIRE DEPARTMENT, INC

119 YEARS OF SERVICE

JULY 1902 - JULY 2021



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Tick-Borne Disease Prevention

Purpose: To provide guidance for members on how to decrease the risk of Lyme Disease in individuals who may be potentially exposed to infected ticks while on the job.

Preventing tick bites prevents other tick-borne diseases, including Babesiosis, Ehrlichiosis, Tularemia, Rocky Mountain Spotted Fever and Bartonella.

Scope: This guideline applies to Norfolk Vol Fire Dept personnel who may be dispatched to locations that contain high grass or thick brush that ticks favor, such as brush fires, motor vehicle accidents, rescue operations or any other activities that occur in a tick friendly environment.

Responsibilities: It will be the responsibility of NVFD members to take these precautions when operating in a tick friendly environment. Although tick habitat should be avoided or cleared where possible, there are some job duties where this is not possible. The probability of tick bites can be decreased by using personal protection. Several measures have been recommended for personal protection, and have been used successfully.

Guidelines:

- Wearing long-sleeve shirts and tucking pant legs into socks or boots to prevent ticks from reaching the skin;
- No shorts are to be worn during a search and rescue operations;
- Wearing high boots or closed shoes that cover the entire foot;
- Wearing a hat;
- Spraying insect repellents (containing N,N-Diethyl-meta-toluamide [DEET]) on exposed skin, excluding the face, in accordance with EPA guidelines or Picaridin. No Insect repellent will be applied to, or while wearing structural PPE.
- Showering and washing and drying clothes at a high temperature (10 Minutes) after outdoor exposure;
- Checking the body carefully for ticks after outdoor exposure; once found, promptly removing them with tweezers. (Grasp the tick firmly and as close to the skin as possible. With a steady motion, pull the tick's body away from the skin. Cleanse the area with an antiseptic. DO NOT use petroleum jelly, a hot match, nail polish, or other products to remove the tick.)
- Place Tick in zip lock bag with damp cloth, bring to local Health Department for testing if possible.
- Any member who incurs an imbedded tick shall notify their officer and complete an approved First Report of Injury Form.