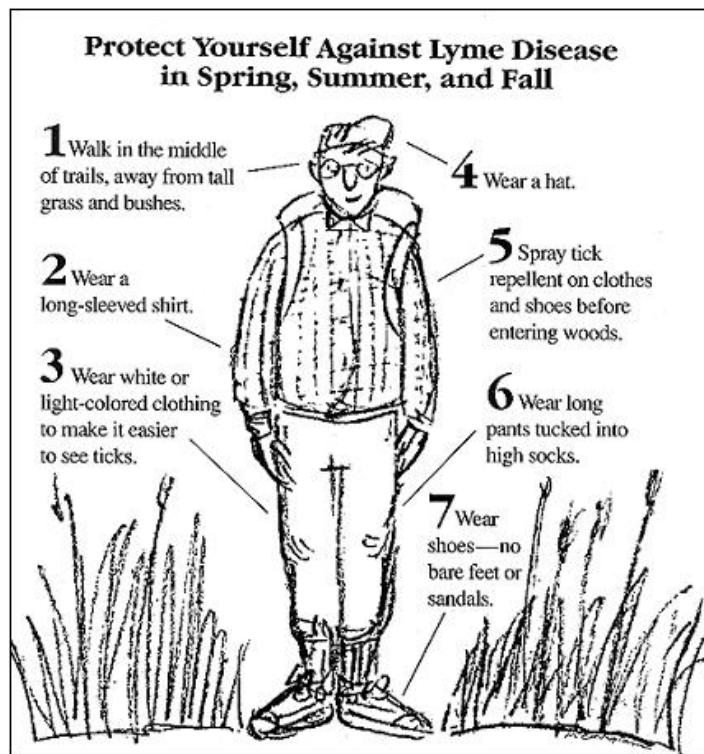
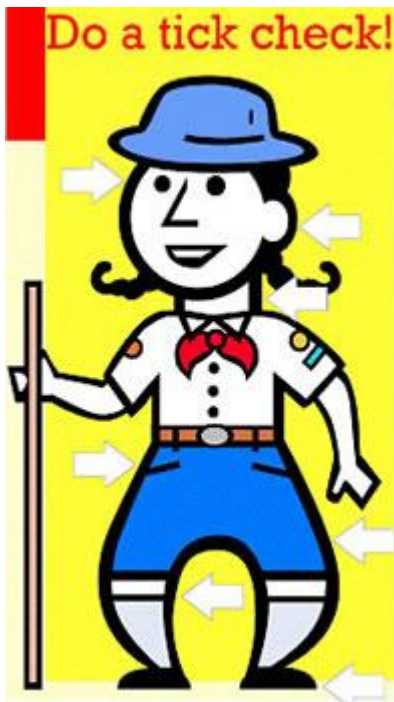


Tick Update

This year, as always, we need to follow tick precautions. One of our best resources is the Massachusetts Department of Health website, which has videos and tips: <https://tinyurl.com/TicksInMass>.

#1) Always do a tick-check at the end of the day and wear sensible clothing:



Prevention

One of our Friends of the Fells board members, a BU biology professor, prefers natural (DEET-free) **lemon-eucalyptus** blends as the best tick deterrent. She applies it to her own children's skin every two hours.



Another Forest Programs parent who studies tick-borne diseases at the Harvard-MIT Broad Institute suggested that DEET wipes (*not* spray) actually work best. While she agreed pesticide spray is bad for the environment, she explained **DEET wipes** can cover all the edges of clothing where ticks might approach.

So, while choosing the right answer is up to each caregiver, we suggest that a **combination** of natural DEET-free lemon-eucalyptus spray -- with targeted topical application of DEET wipes at the edges of clothing -- may provide maximum efficacy. Then, always follow up with a tick check at the end of the day.