



## Lake Roland Nature Council Recommended Preparation for Volunteer Fieldwork Tick & Chigger Protection Protocol

The following is the recommended year-round protocol for any volunteer field work at Lake Roland Park involving handling plants, be prepared to prevent tick and chigger bites.

- Wear a long-sleeved shirt and long pants with sneakers or hiking boots.
- Tuck your pant legs into your socks, and keep your shirt tucked into your waistband.
- In areas where chiggers are abundant, you might even want to wrap some duct tape around your ankles, over the top of your socks. You'll look ridiculous, but it works. Because chiggers are so tiny, they can work their way through your clothing to get to your skin. Wear the tightest woven fabrics you can find. The smaller the space between threads, the harder it will be for chiggers to penetrate your clothes and bite you.
- Apply permethrin to clothing, hiking boots, and your backpack. Permethrin products should never be used on skin. Some clothing, such as the Ex-Officio brand, is pre-treated with permethrin. It remains effective on clothing through several washings. Permethrin is sold under the names Repel® (Permanone) and Sawyer® (Duranon).
- Use an insect repellent containing DEET on both skin and clothing. Apply DEET liberally to your shoes, socks, and pant legs. Treat your waist area and shirt if you'll be in tall vegetation. Carefully apply the repellent by hand to your face, neck, and ears; you don't want DEET in your eyes or mouth! Adults should apply DEET products to young children. You may need to reapply DEET products after several hours.
- When you get home:
  - Strip down quickly and put all your clothing in the wash. Launder the clothing in hot, soapy water. Don't wear that clothing again until it has been washed and dried.
  - Take a hot, soapy bath or shower right away. Chiggers usually take a little time to settle on a place to feed, so just washing them off quickly can make a big difference.
  - After your shower, inspect your skin for ticks. Pay close attention to your exposed skin and around your waist. Have someone check your hair and back. For more information on ticks and tick removal, go to [http://www.trails.com/how\\_1198\\_check-for-ticks.html](http://www.trails.com/how_1198_check-for-ticks.html)