



Mason School District

School Administrative Unit #89
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Nurse's Notes

Dear Parent or Guardian,

5/3/17

With spring weather, it's time to prepare for sun and fun outdoors. Being active is part of a healthy educational experience for the children. Please remember to pack some spare clothing in the backpacks to manage any uncomfortable accidents. Also, please feel free to apply sunscreen or bug spray before your child comes to school.

According to the New Hampshire Department of Health and Human Services, ticks carry several diseases, and about 60% of deer ticks found in many parts of NH are infected with Lyme disease. Ticks are most active from May through August, and we have definitely seen an increase in their presence here at the school. As a precaution, the school playground will be treated with *Bug B Gon* on Friday after school to help eliminate some of the pesky little insects. By applying the *Bug B Gon* on Friday, the playground will be ready for the kids to use on Monday.

While there are measures you and your family can take to protect yourself when enjoying the outdoors, the most important of these is to do your "Tick Checks" daily. Making this a daily routine will ensure you don't have any unwanted "guests" crawling on your skin!

Please see the CDC fact sheets posted on our website or go to www.dhhs.nh.gov for more information. I also have resources available to anyone who may want them. Feel free to call me at any time during the school day if you would like more information.

For a Healthy School,

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