



# Norman Bird Sanctuary



## **Norman Bird Sanctuary**

583 Third Beach Road  
Middletown, RI 02842

**Main Office:** (401) 846-2577

Hours: Daily, 9 a.m. – 5 p.m.

[camp@normanbirdsanctuary.org](mailto:camp@normanbirdsanctuary.org)

**\*Updated November 2023**

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## Vacation Mini-Camp Overview

Thank you for registering for Norman Bird Sanctuary's Vacation Mini-Camp! We are looking forward to another season of nature exploration, games, crafts, animal encounters, experiments, and much more.

For six decades, Norman Bird Sanctuary has welcomed hundreds of campers to our award-winning camps. In what has become a tradition for many, generations of curious campers have been able to explore our expansive 325-acre outdoor classroom and have fun in nature. Our age-appropriate and innovative camps offer a unique blend of hands-on learning, games, animal encounters and team building. Camp groups utilize our outdoor classrooms and are held in small groups with caring, enthusiastic, and professional Teacher Naturalists.

Please review the following information found in this packet that you and your child will need for the Vacation Mini-camp season including:

- Camp Overview
- Camp Information & Things to Know
- Pick-Up & Drop-Off
- What to Wear & What to Bring
- Health & Wellness
- Sun, Insects, Ticks, Weather, & Allergies

### NBS Camp Mission & Vision

**Vision:** Norman Bird Sanctuary envisions a future where all children find joy in being outside, are curious about the environment around them, and act individually and collectively to be stewards of the natural world.

**Mission:** Norman Bird Sanctuary will provide a safe and fun summer camp environment that allows campers to expand their appreciation and awareness of the natural world and deepen their connections to nature.

### About our Year-Round Education Team:

**Dr. Jolie Colby | Director of Education:** Jolie has been an educator for nearly twenty years. Most recently she taught Endangered Species Management at UC Santa Barbara, where she recently finished her PhD in Education. Her dissertation focused on wildlife conservation education and the human dimensions of species reintroduction. Her Master's in Education investigated Early Childhood Environmental Education. She was the Co-Founder and Director of Education for a neo-tropic conservation biology field study school and wildlife sanctuary. Before working with primates in the jungle, Jolie focused on tropical reef conservation whilst on Fulbright in Indonesia. Jolie is excited to see camp again this summer through the eyes of her two young children who will be NBS campers for the second year in a row!

**Sophie Gregory | Assistant Director of Education:** A native Rhode Islander, Sophie spent the Summer of 2021 on the NBS trails teaching the sanctuary's youngest naturalists before joining the year-round NBS Education Team. As the present Assistant Director of Education, Sophie is beyond thrilled to be directing camp for the second year in a row! A published poet, she was recognized for her thesis collection, *A small bird sings for miles*, by the Academy of American Poets. Sophie recently graduated with a degree in the Written Arts from Bard College in New York. During her time in the Hudson Valley, Sophie's passion for youth education met its match with eco-studies, and after graduating she found her way to hone both passions on the NBS team.

### Julie Safford | Lead Teacher Naturalist

After spending Summer of 2023 as an NBS camp Teacher Naturalist, Julie joined the year-round Education Team as the Lead Teacher Naturalist in October. Her love of nature began as a Summer Challenge participant at Bird Camp many years ago, inspiring her to eventually pursue a degree in Wildlife Biology at the University of Rhode Island. There, she gained valuable field work experience by conducting projects on songbird territoriality, wetland ecologies, and waterfowl studies along the southern coast of Rhode Island and at Sachuest Point in Middletown. Julie has taken an atypical path back to the bird sanctuary after a successful career in the hospitality industry, raising a family, and pursuing

a degree in English, concentrating on writing and literature. A perennial learner, Julie loves sharing creativity and knowledge with people of all ages.

**Elijah Valentine | Terracorp Youth Education Coordinator:** Elijah has been exploring the forests and coastlines of New England his whole life. Currently residing in Rhode Island, he completed two Bachelor Degrees in Marine Biology as well as Wildlife & Conservation Biology at the University of Rhode Island. Elijah began his career as a Science Educator but has since worked in a variety of positions, such as a Park Ranger for the Department of Environmental Management and a Marine Observer for the National Oceanic and Atmospheric Administration. New to the Education Team, Elijah started at NBS this past summer through a Terracorp after his field research contract at Mass Audubon concluded. His passion for environmental conservation has led him to the sanctuary, and he is excited to teach about all the unique wildlife here this season with campers!

#### **Staff Selection Criteria**

All members of the NBS Education Team will be involved in supporting our Vacation Mini-camps. Educators with CPR & First Aid Certifications will be present for the duration of the camp day.

#### **Contacting the Office**

You can reach our Main Office at (401) 846-2577. Our office is very busy; when calling, you may get a busy signal or be sent directly to voicemail. Please leave a message — they are checked regularly throughout the day.

## **2023 Mini-Camp Offerings**

### **Winter Wildlife Week Vacation Mini-Camp**

**What:** Make the most of school vacation and send your Pre-K through 8th graders to the Norman Bird Sanctuary for Winter Wildlife Week! Our age-appropriate and innovative morning programming offers a unique blend of hands-on learning, crafts, games, and outdoor exploration.

*Dress your children warmly and in layers as it will likely be chilly, and we will be outside for a portion of the morning!*

**When:** Monday, February 19 – Friday, February 23, 2024 from 9:00am and 3:00pm

#### **Monday, February 19, 2023**

Wintertime Wildlife | Pre-K - 8th graders

Open your imagination and discover wildlife in the wintertime! Your child will become a nature detective, learning just what creatures and critters do when the days get cold, and the nights grow long. Our time together features a seasonal story and an animal mask craft as well as a discovery hike, so dress warmly for the day!

#### **Tuesday, February 20, 2023**

Wintertime Wildlife | Pre-K - 8th graders

Open your imagination and discover wildlife in the wintertime! Your child will become a nature detective, learning just what creatures and critters do when the days get cold, and the nights grow long. Our time together features a biofact investigation, where we'll learn all about tracking wildlife and take our new knowledge to the trails for a discovery hike!

**Wednesday, February 21, 2023**

Wondrous Winter Birds | Pre-K - 8th graders

What winged creatures do we welcome in the winter? Your chick will meet many of the birds who visit us in the cold months and learn more about the ones who stay all year round! Our time together features a winter visitors' walk and then we'll fly over to the classroom for Storytime and a bird-friendly craft you can take home to meet your very own backyard birds!

**Thursday, February 22, 2023**

Wondrous Winter Birds | Pre-K - 8th graders

What winged creatures do we welcome in the winter? Your chick will meet many of our local birds who visit us in the cold months and learn more about the ones who stay all year round! Our time together features a young birder's stroll, a hawk presentation, and then we'll fly over to the Barn Museum classroom for a bird-friendly craft!

**Friday, February 23, 2022**

It's Winter: Hoot Hoot! | Pre-K - 8th graders

Who whoo wants to celebrate the wintertime and discover the world after dark and its most active residents. Explore a day-in-the-life, or rather a night-in-the-life, of owls, our wise, nocturnal wildlife. Your owlet will investigate all the trail owl hotspots, check out nocturnal biofacts, and even dissect an owl pellet!

**Who:** Pre-K – 8th Graders

**Where:** Norman Bird Sanctuary campus at 585 Third Beach Road in Middletown, R.I. 02842. Drop-off and pick-up will be in the Ed Shed Curiosity Lab.

**How Much:** Current, New, OR Renewing Member - \$300/week

Non-member - \$350/week

**Welcoming Spring Vacation Mini-Camp**

**What:** Spend part of your school vacation at Norman Bird Sanctuary! Our age-appropriate and innovative morning programming offers a unique blend of hands-on learning, crafts, games, and outdoor exploration.

*Ready your child(ren) for time outdoors as we will likely be outside for a portion of the camp day.*

**When:** Monday, April 15<sup>th</sup> – Friday April 19<sup>th</sup> from 9:00am-3:00pm

**Monday April 15, 2024**

Feathered Friends | Pre-K - 8th graders

It's a bird party! Today, we'll welcome in the winged world and discover who's returning home to Aquidneck Island and who never left! Hiking, games, an animal presentation, and a museum tour will all be a part of the fun!

**Tuesday April 16, 2024**

To Bloom or Not to Bloom | Pre-K - 8th graders

That is the question that only spring decides! Your camper will investigate the effects of warmer weather and longer days on wildlife outside of just animals and insects! Campers will take a deeper look at life on the trails and in the gardens. Enjoy some natural crafting, identification games, compost discovery, and much more!

**Wednesday, April 17, 10, 2024**

April Showers | Pre-K - 8th graders

They say that April showers bring May flowers... But what else does water do for the spring season? Campers will dive headfirst into the wet season with weather experiments, water-arts, and some aquatic ecology exploration!

**Thursday, April 18, 2024**

Down by the Seashore | Pre-K - 8th graders

Today we'll take a stroll by the seaside, imagining how the ocean waters have changed since winter! Scavenger hunts in hand, we'll explore for signs of spring on the shore, from invertebrates to seashells, birds, and the water itself!

**Friday, April 19, 2024**

A Small-Scale Spring | Pre-K - 8th graders

Searching for the smallest signs of life, campers will learn what it means to be an insect in the spring while playing pollination games, using field tools to capture insects, and creating their very own insect habitats for sanctuary residents!

**Who:** Pre-K – 8th Graders

**Where:** Norman Bird Sanctuary campus at 585 Third Beach Road in Middletown, R.I. 02842. Drop-off and pick-up will be in the Studio Classroom

**How Much:** Current, New, OR Renewing Member - \$300/week

Non-member - \$350/week

## **Mini-Camp Information & Things to Know:**

### **Registration**

Camper registrations will be processed once you complete the camper application form found in your CampInTouch account. Please note that you must submit some type of payment information to complete the registration process. To receive the member discount, you must have a membership valid through the last week of camp your child is enrolled. The option to add a membership is available in the registration process or on our website.

Some programs fill up quickly. If the camp program is full, we will notify you and place your child on a waiting list. We will only process payments once your child is officially enrolled in the camp program(s) you selected. Once we process your application, we will notify you of your camper's status (enrolled or on the waitlist). If you are unable to register online, please call NBS at 401-846-2577 and we will help you with registration.

### **Scholarship Assistance**

A limited number of full and partial scholarships are available based on need. To apply, please fill out the application on our website (<https://www.normanbirdsanctuary.org/summer-camp>). Please email [camp@normanbirdsanctuary.org](mailto:camp@normanbirdsanctuary.org) or call our main office if you have any questions.

### **Special Requests**

If your child wishes to be in the same camp group with ONE special friend in the same age range, BOTH parties must request the same one-on-one pairing on their online registration form. *We cannot honor requests if campers have been registered for different programs or sessions.* (For example if you register your child for the Mini-camp and your child's friend is much older but also registered. We will try our best to honor all requests, but cannot guarantee as we do our best to divide groups by age-range for Vacation Mini-camps.

### **Schedule Changes**

Once enrollment is processed, there is a \$25 fee for all session changes if the request is made by (see applicable dates): February 1 (Winter Wildlife Week) OR April 1 (Welcoming Spring Mini-camp). After the applicable deadlines, the fee is \$50.

### **Cancellation & Refund Policy**

There is a \$50 administrative fee for all cancellations before the Vacation Mini-camp's applicable deadline: February 1 (Winter Wildlife Week Mini-camp) OR April 1 (Welcoming Spring Mini-camp). **After this time, no refunds will be given.** Refunds will not be given for mosquito and tick bites, sunburn, cold or inclement weather, poison ivy, or other nature related concerns.

### **Memberships:**

A current NBS family membership (valid through the last week of camp your child is enrolled) is required to receive the member price. Memberships can be added during online registration, through our website, or in person at the NBS office.

### **Lost & Found**

Found items are placed in Camper Lost and Found. To look for a lost item, please go to the Main Office and they will direct you to the Camp Lost and Found. Norman Bird Sanctuary is not responsible for any damaged, lost, or stolen items. Please note that the most frequently lost items are reusable water bottles, sunglasses, and hats. At the end of the season, these items will be donated to charity, so please do your best to *leave no trace* after your child attends camp.

### **Behavior**

Camp guidelines for safety and behavior are established within each group at the beginning of the camp week. The Sanctuary's expectations for campers, such as respect for others, are similar to those in school. If an educator has a concern regarding your child's actions or behavior, they will let you know as soon as possible, and will work with you to

resolve the issue. If the behavior does not improve and becomes dangerous to your child or to others in the session, they may be asked to leave camp for that week. In such cases, no refunds will be given.

## Pick-Up & Drop-Off

### Drop-off

#### Additional Care Options

Before Care is not available for any of our mini-camp programs this season.

#### Monday Camper Registration

Please allow extra time on Monday morning schedule for camper registration. All campers, even returning campers from past programs, must be checked-in by a parent/guardian on Monday. During this registration period, we will make sure that all forms are in order, direct you to your child's group, and provide other important information. Please note the following registration times and locations for your applicable Mini-camp:

##### Winter Wildlife Week Vacation Mini-camp

- On Monday at 9:00 am in the Curiosity Lab

##### Welcoming Springtime Vacation Mini-camp

- On Monday at 9:00 am in the Curiosity Lab

#### Camper Check-in (Tuesday-Friday)

We have a check-in window from 9:00 a.m. – 9:15a.m. each morning. See specific check-in times for each group in the table below. Campers must be signed in at their drop off location by a parent or authorized guardian.

##### Winter Wildlife Week Vacation Mini-camp

- Between 9:00 a.m. – 9:15am in the Curiosity Lab

##### Welcoming Springtime Vacation Mini-camp

- Between 9:00 a.m. – 9:15am in the Curiosity Lab

### Pick Up

**Pick up:** Parents, guardians and authorized individuals listed on the Authorized Grownup Form **must sign campers out** with their child's educator and must have **photo identification**. **If someone is not on the Authorized Grownup Form, they will not be allowed to pick up a camper.** Please stay in your vehicle during pick up -- a staff member will come to your car to check in.

#### ☆ PICK UP LOCATIONS & TIMES:

##### Winter Wildlife Week Vacation Mini-camp



- Between 2:30pm and 3:00pm in the Curiosity Lab

### **Welcoming Springtime Vacation Mini-camp**

- Between 2:30pm and 3:00pm in the Curiosity Lab

**Early Pickup:** Please notify the Assistant Director of Education at least one day in advance of any schedule changes. Group explorations cannot be interrupted due to a schedule change.

**Late Pickup:** Parents MUST call the main office (401-846-2577) if they will be delayed. We understand that sometimes circumstances beyond your control may cause you to be late. However, if you are over 15 minutes late more than once, we reserve the right to charge you a \$50 administrative fee each time.

**Absent Camper:** If your child will be absent, please leave a message at the main office (401-846-2577) with your camper's name and session name. There are no refunds or make-up days for camp days missed. If your camper misses a lot of camp due to an illness or emergency and there is an opening in a later vacation camp for their age group, we will happily try to move your child to a future session--however, this is a courtesy and not a guarantee.

### **Transportation**

No transportation will be provided to and/or from Camp.

## **What to Wear & What to Bring**

### **What to Wear**

Campers should dress according to the weather and should expect to spend all day outside unless there is serious inclement weather. **Cold days.** We recommend campers wear a warm coat, long pants, weather-proof boots, hat, gloves/mittens, and scarf on cold days. **Warm days.** We recommend campers wear pants/shorts and a breathable shirt, sneakers or other closed-toed shoes (required), non-aerosol insect repellent, and a hat and sunscreen for sun protection. Campers will be required to wear close-toed shoes at all times, including at the beach, if there is a planned beach day. Please label all clothing with your child's name, and be aware that all clothing may get wet or muddy from camp activities!

### **Mini-Camp Lunch and Snacks**

As Vacation Mini-camps take place for a full day, campers must bring a lunch, snacks, and a refillable water bottle. Groups will have time before and after lunch for snacks. Refrigeration is not available, and we do not have a way to heat up food at Camp. It is extremely important for children to stay hydrated during mini-camp programs. Please be sure to send a refillable water bottle with your child even if you send other beverages. Please use reusable containers to cut down on waste.

*We suggest campers have the following items all week. Campers may leave some items at their group's 'home base' each morning if they'd like.*

- |  |                           |
|--|---------------------------|
| ✓ Lunch                                      | ✓ Refillable water bottle |
| ✓ Day Pack (for carrying snack, water, etc.) | ✓ Change of clothes       |
| ✓ Snack                                      | ✓ Closed-toed shoes       |

- ✓ Sunscreen
- ✓ Non-aerosol insect repellent
- ✓ Rain Jacket or Boots (as needed)
- ✓ Jacket/sweatshirt

### What NOT to Bring

Please leave cell phones (*campers who need to call a parent/guardian should go to the Main Office*), gum, hand-held electronics/games, music devices, toys, collectible cards, and sports equipment at home. Additionally, weapons, illegal drugs, alcohol, cigarettes, and pets are not permitted on NBS property. If camp staff sees a child with a prohibited item, staff reserves the right to hold onto the item in the main office for the day and return them to the camper at dismissal. Please do not send peanut or tree nut products in your child's lunches.

**Forms:** ALL forms must be submitted to the NBS office no later than (see applicable date): February 1 (Winter Wildlife Week Mini-camp) OR April 1 (Welcoming Spring Mini-camp). If you register your child after the applicable deadline, forms must be turned in no later than 2 weeks prior to the start of your program. This year, most camper information and medical forms will be completed through your CampInTouch account. Once you have finished your application, you may return to the homepage of your CampInTouch account and click on the "Forms" Dashboard.

Please fill out forms below online (all REQUIRED):

- Medical Form
- Photo Release Permission
- First Aid Release Form
- Authorized Grownup Form

Please download and return the following forms, either via mail or upload directly to CampMinder:

- Immunization Form (required)
- Physical Exam Form (required)
- Medication Authorization Form (if needed)

Note that *your child will not be able to attend camp unless all necessary forms are on file*. This is designed with your child's safety in mind and in alignment with state and national regulations. Having accurate records allows us to respond effectively in case of an emergency. All campers, even those who have attended NBS summer and vacation camps in the past, must have 2024 forms on file.

We will make every effort to contact you if your forms are incomplete, but it is every parent's responsibility to verify that their forms are in before camp begins. There are multiple pages for you to sign; please review this list carefully. For a complete list of forms, please visit your CampInTouch account.

## Wellness, Health, and Safety

***\*This section is subject to change based on RI Department of Health regulations at the time of Camp. We will revisit these policies closer to the start of Camp. Last updated 6.5.23***

### Medication at Camp: Prescribed and Over-The Counter

If your child is taking a prescribed medication to camp, it must be in its original container with the pharmacy label, and you must personally check-in the medication with camp staff during Monday morning registration. Over-the-counter products must be in original packaging with dosing instructions specific to the camper. Epi-pens and Inhalers will be kept with your child's Teacher/Naturalist at all times and should be picked up on the last day of the session. All other medications will be placed in a locked box in the Camp Director's office and administered per doctor's instruction. The *Authorization to Administer Medication* and *Authorization to Self Medicate* form, available in your CampInTouch Account, must be completed and signed by a parent or guardian and signed by the camper's physician.

### Campers with special needs

NBS enthusiastically welcomes campers of all abilities and backgrounds. In order to ensure camper safety and that your child has the best camp experience possible, we ask that you notify NBS in advance of your child's needs on the camper Medical Form. We are always happy to speak with parents about their child's specific needs. Please Note: If your child works with a 1:1 Teaching Assistant at school, they must be accompanied by a Teaching Assistant at camp. Exceptions from this policy will be reviewed on a case-by-case basis.

### Illness and Emergency Procedures

If your child becomes ill or is injured to the extent that they must be removed from activities, we have a secluded area for resting. Parents will be called immediately if it is determined that the child should not return to camp for that day. It is extremely important that we have several accurate numbers to reach you in case of illness or emergency. Small injuries (bumps, small cuts, etc.) will be reported to parents at the end of each day. Please let your child's Teacher Naturalist or the Assistant Director of Education know if you have any questions regarding a particular injury or our reporting procedures. If your child is ill, please keep them home from camp. Any child with a temperature over 99-°F will be sent home from camp.

### Health Policy

- Norman Bird Sanctuary is equipped to care for children who are in good health. If a child is prescribed antibiotics, the child must be on that medication for at least 24 hours before returning to Camp. If your child has a communicable disease, please notify the Camp office as soon as possible. If a child becomes ill at Camp, parents/guardians will be contacted to make necessary arrangements to pick-up their child within 30 minutes.
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*Children should not attend Camp and will be asked to be picked up if they exhibit any of the following symptoms:*

- Fever of 100°F or more;
- Vomiting or diarrhea;
- Itchy scalp with lice eggs evident;
- Severe nasal or eye discharge;
- An unidentified rash;
- A contagious disease (e.g.: chicken pox, measles, etc.);

*Your child can return to Camp when:*

- Their temperature is consistently below 100°F for 24 hours without medication;
- Nasal or eye discharge has subsided and child is cleared by a physician;
- Lice eggs and bugs removed and child is cleared by a physician;
- An infection has been diagnosed and your child has been on antibiotics for 24 hours;
- It has been 24 hours since the last episode of vomiting or diarrhea;
- Their rash has subsided, or a physician has determined it is not contagious;
- Ringworm has been treated and covered;
- (Case-specific), a negative COVID-19 test may be required for return.

**Lice:** To prevent the spread of lice, please do not send your child or any child relatives from the same home to camp if you know or suspect they have head lice. If we do find that your child has lice, they will be sent home immediately. Your child must stay home until the lice are gone or for a minimum of 24 hours after treatment.

**Please note that some policies may be updated prior to or during the Camp season as new guidelines are released.**

- **Wellness Checks:** By dropping your child off at Camp, you are confirming that your child does not have any symptoms of illness present such as: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. Your child may not attend Camp until they are symptom-free and cleared by a healthcare professional.

- **Hand Washing & Sanitizing:** Campers and staff will be required to wash and sanitize their hands frequently throughout the day.

## **Sun, Insects, Ticks, Weather, & Allergies**

**Sun & Insect Protection:** We ask that you apply bug spray and sunscreen in the morning before camp and to send a bottle of non-aerosol repellent and sunscreen with your child for the week. Permethrin is recommended to prevent ticks, but this can only be applied to clothing and shoes in advance. It cannot be applied to skin and cannot be applied at camp. Please note that we will not issue refunds due to high numbers of mosquitoes, ticks and tick bites, sunburn and other nature related concerns. We may modify camp activities to include indoor alternatives on days when mosquitoes or other insects are especially severe and on ozone alert days.

**Ocean Safety:** When visiting the beach, campers will only be allowed to go up to their knees in the water. The only exception will be if there is designated free swim time with a lifeguard on duty.

**Inclement Days:** Camp is held rain or shine. Almost all activities are conducted outdoors. In the event of rain, please send your child(ren) with appropriate rain gear (boots, coat/poncho, etc.) In the event of severe weather, campers will be moved to an inside location with their group and remain there until the storm passes. For the safety of our campers and their parents/guardians, we do not permit campers to move about Camp during a storm; therefore, we ask that you wait to pick them up until the storm is over. In the case of severe weather or other emergencies, please contact the Main Office 401-846-2577 regarding camp cancellations.

**Camp Food:** NBS will occasionally offer special snacks. If your children have food allergies, please list them on your health forms, and let us know at Monday morning check-in of any other concerns.

**Peanuts:** Being open to the public, NBS is not a peanut-free facility. Many children have moderate to severe peanut and tree nut allergies. Please do not send peanut or tree nut products in your child's lunches.

**Ticks & Mosquitoes:** Ticks and mosquitoes are commonly found at the Sanctuary and throughout New England. We suggest non-aerosol repellents (for mosquitoes) and shoes and clothing (for ticks) as preventive measures. We ask you to review tick prevention guidelines in this packet with your family. We will conduct several tick checks every day, but we also strongly recommend that parents check their children daily. A notice will be sent home if a tick is found on your child during the camp day.

## Frequently Asked Questions about Ticks and the Norman Bird Sanctuary

**What is Lyme Disease?** Lyme Disease is a potentially serious bacterial infection, caused by *Borrelia burgdorferi*, a bacterium that is carried by deer ticks. The disease affects humans and a wide range of animals including pets and livestock. It affects the skin in its early stages and spreads to the joints, nervous system, and other organ systems. Lyme is the most common arthropod-borne illness in the United States.

**Do all ticks carry Lyme Disease?** No. The two tick species which are most common in Rhode Island are the American dog tick and the deer tick (also called the black legged tick), but only the deer tick carries Lyme disease. Statistics indicate that approximately one in three deer tick nymphs (~30%) are carriers, while one in two adults (~50%) can transmit the disease. Most people are infected by the bites of immature ticks, called nymphs. Nymphs are very small (less than 2 mm) and are often very difficult to see.

**Where do ticks live? How do they get onto people?** Although deer ticks prefer cool, moist woodlands, they can be found in many areas including grasslands, open fields, and edges of forests and roads. They can also be found in stone walls, where one of their primary hosts, the white-footed mouse, resides.

Ticks wait in vegetation for animals to walk by. After sensing the animal's heat signature, they grasp the animal's fur, skin, or clothing and crawl up the body. Once they are on you, they will look for a place to attach. They prefer dark, warm areas such as your neck, waist, near your armpits, or behind your ears. Generally, ticks will wander for at least 30 to 60 minutes before they bite and attach.

**If I find a deer tick on me, does that mean that I will definitely get Lyme Disease?** No. Not all deer ticks are infected with Lyme. Deer ticks must be attached for an average of 24 hours to transmit the Lyme disease pathogen. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is small but, you should still monitor your condition closely.

**What are the symptoms of Lyme Disease?** Early symptoms often mimic the flu (i.e., fatigue, headache, stiffness or pain in neck, muscles or joints, fever, or swollen glands). The most definitive early indicator is a gradually expanding circular or oval-shaped red rash (often called a "bull's eye.") This rash only develops in about 70-80% of infected individuals, however, and may be overlooked. If left untreated, later effects may include heart and neurological disorders, and arthritis.

If you experience any of these symptoms after being bitten by a tick (or having spent time in tick-infested areas), you should consult your physician immediately.

**Is Lyme Disease treatable?** Yes, for both children and adults. If diagnosed and treated early with antibiotics, Lyme disease is almost always easily cured. In its later stages, the illness can also be treated effectively, though some patients may have symptoms that linger for months or years.

**How can I prevent tick bites?** Follow simple steps such as tucking pants into long, light-colored socks, doing frequent tick checks after walking in grass or brush (and checking every night during a bath or shower), and applying repellents with Permethrin to clothes. You should also avoid stone walls and stay away from high grasses and leaf litter in your yard. While at NBS, we ask our visitors and guests to stay on designated trails and to use the "buddy system" to check for ticks.

**If I find an embedded tick, how should I remove it?** Remove ticks with tweezers only (bent, "needle-nose" tweezers are best). Do not use alcohol, nail polish, hot matches, Vaseline, or other methods to remove ticks. These techniques may actually traumatize ticks, causing them to regurgitate gut contents (which may include the Lyme disease bacterium). Wash your skin with soap and warm water.

**Is the tick problem unique to the Norman Bird Sanctuary?** No. Incidences of Lyme disease are on the rise throughout the Northeast. Unfortunately, you can pick up infected ticks in parks, playgrounds, and even in your own backyard. In fact, in a 2006 URI study, more than two thirds of Rhode Island residents were at risk for encountering a deer tick in their yards.

**Are my pets at risk?** Yes. Dogs and cats can also become infected with Lyme disease, and some may develop arthritis. While they cannot spread the illness directly to humans, they can bring infected ticks into your home or yard. Consult your veterinarian for preventative treatment and tick-control products.

**Should I just stay indoors this summer?** No, as long as precautions are taken, you should not stop your outdoor activities.

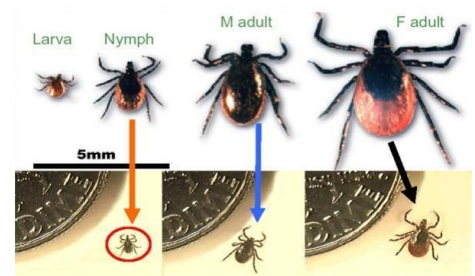
**Where can I find more information?** You can stop by the Norman Bird Sanctuary for additional fact sheets, tick ID cards, and tick prevention products. Other helpful websites include:

Rhode Island Department of Health - [www.health.state.ri.us/disease/communicable/lyme/index.php](http://www.health.state.ri.us/disease/communicable/lyme/index.php)

Center for Disease Control (CDC) - <http://www.cdc.gov/lyme>

Tick Encounter Resource Center (URI) – [www.tickencounter.org](http://www.tickencounter.org)

The American Lyme Disease Foundation (ALDF) – [www.aldf.com](http://www.aldf.com)



Deer Tick (*Ixodes scapularis*) Size Chart