



Norman Bird Sanctuary
583 Third Beach Road
Middletown, RI 02842

Main Office: (401) 846-2577
Hours: Daily, 9 a.m. – 5 p.m.

Questions, comments, and general camp inquiries should be directed to:
camp@normanbirdsanctuary.org

Table of Contents

[Camp Overview](#) - page 3

[Registration & General Information](#) - page 4

[Summer Camp Code of Conduct](#) - page 6

[Drop-off and Pick-up](#) - page 7

[What to Wear and What to Bring](#) – page 10

[Wellness, Health and Safety](#) - page 11

[Sun, Insects, Ticks, Weather, and Allergies](#) - page 13

[Frequently Asked Questions about Ticks](#) - page 14

Camp Overview

Welcome to Norman Bird Sanctuary Summer Camp! We're 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 Summer Camp. Generations of curious campers have explored our expansive 300-acre outdoor classroom and developed a positive relationship with nature. Our age-appropriate and innovative camps offer a unique blend of hands-on learning, games, animal encounters, and team building. Camp groups are led by caring, enthusiastic, and professional Teacher Naturalists who utilize our campus as a living laboratory for teaching.

Summer Camp Mission and Vision

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.

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.

Camper/Staff Ratio

This summer, the camper-to-staff ratio will be between 10-12 campers to 2-3 NBS Summer Teacher Naturalists for Fledglings, and 12-14 campers to 1-2 staff for Nature Day, Explorers, and Coastal Camp programs. Staff includes at least one lead Teacher Naturalist and one Assistant Naturalist in Training (A.N.T.).

Camp Staff

Julie Safford | Lead Teacher Naturalist

After spending the Summer of 2023 as a seasonal NBS Teacher Naturalist for camp, Julie joined the year-round Education team as the Lead Teacher Naturalist in October 2023. 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. Following a successful career in the hospitality industry, raising a family, and pursuing a degree in English, Julie returned to Norman Bird Sanctuary to share her knowledge and talents with the next generation. A perennial learner, Julie loves sharing creativity and knowledge with people of all ages.

Sara Poirier | Science Coordinator

Sara brings two decades of experience in creating fun and engaging science content for kids. Sara earned a bachelor's degree in Astrophysics from the University of Toronto and a graduate certificate in Space Studies from the International Space University. As the staff astronomer at the Ontario Science Center, she developed exhibits, designed educational programs, and created shows for the Center's planetarium. Additionally, she produced and hosted "Ask Sara," a popular science series for TVOKids. Sara began consulting in 2018 after obtaining a master's degree in science communication from the University of Edinburgh. As the founder of Spark Strategic Science Communication, Sara has advised on more than a dozen apps and television shows for TVOKids, National Geographic, and PBSKids. Sara joined NBS' Education team in 2023 and is thrilled to share her love for astronomy and the environment with visitors.

Seasonal Staff

In addition to our year-round Education team, Summer Camp is staffed by a team of Teacher Naturalists who are supported by volunteer Assistant Naturalists in Training ("ANTs"). We select our seasonal staff of Teacher Naturalists based on their experience and character. Our camp staff is certified in CPR and First Aid and every staff person must pass a background check.

Camp Registration & General Information:

When Can I Apply?

Summer Camp Registration opens on February 27, 2025.

How Can I Apply?

Apply online through the CampInTouch link found on our website's camp page. Camper registrations will be processed once you complete the camper application form found in your CampInTouch account. Please note that you must complete a full application and submit payment information to register; you will not be charged until your child is enrolled.

How and When Will I Know if my Child is Enrolled?

Summer Camp at NBS is a beloved – and popular - program. As a result, many of our camp sessions are in high demand and sell out quickly. We enroll campers according to the order in which applications are received. You will receive a confirmation email that your camper is either enrolled or waitlisted once your application is complete.

What If My Camper is Waitlisted?

If the camp program is full, we will notify you and place your child on a wait list. Family schedules change and cancellations always arise, so if your child is not enrolled immediately, there is still a chance that space may become available. If a spot becomes available, we will contact you by email. Please note that we will hold that spot for a 24-hour period. After that 24-hour period, the spot will be offered to the next camper in the application order.

How Are Payments Processed?

Please note that you must submit payment information to complete the registration process. You will only be charged once your child is officially enrolled in the camp program(s) you selected. Once your application is processed, we will notify you of your camper's status (enrolled or on the waitlist). Card payments will be processed automatically upon enrollment. If your camper is offered a spot off the waitlist, a 24-hour email confirmation will be required, and payment will then be processed.

Who Should I Contact with Questions About Registration?

For questions or concerns about Summer Camp registration, please contact camp@normanbirdsanctuary.org.

Scholarship Assistance

The Norman Bird Sanctuary strives to serve everyone in our community, regardless of financial circumstances. A limited number of full and partial need-based scholarships are available. To apply, please fill out the application on our website (<https://www.normanbirdsanctuary.org/summer-camp>). The deadline to apply for scholarship support is June 1st.

Cancellation and Refund Policy

There is a \$50 administrative fee for all cancellations before June 1, 2025. **After this time, no refunds will be issued.** Refunds will not be given for mosquito and tick bites, sunburn, inclement weather, poison ivy, or other nature-related concerns. Cancellation fees must be paid for a camper to attend future sessions. Unpaid cancellation fees may also result in the inability for your camper to attend future Norman Bird Sanctuary Educational Programs.

Memberships

Membership is a wonderful way to receive discounted camp admission, to gain access to special benefits, and to support the Norman Bird Sanctuary. A current NBS Household Membership (valid through the last day of your child's final camp session) is required to receive the member price. Memberships **cannot** be added during online registration; you will need a valid and current NBS membership number to register at the member rate.

Forms

ALL forms must be submitted to NBS no later than June 1, 2025. If you register your child after June 1, forms must be turned in no later than 2 weeks before your program starts. 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 these required *digital* forms through your CampInTouch account:

- Photo Release Permission
- First Aid Release Form
- Authorized Grown-up Form

Please download and return the following PDF forms via mail, email (camp@normanbirdsantuary.org), fax (401-846-2772) or upload directly to your CampInTouch account:

- **EITHER the Campminder Physician Form OR the 2025 State of Rhode Island School Physical form**

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 2025 forms on file. 2024 Camp forms are considered outdated.

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 the forms carefully. For a complete list of forms, please visit your CampInTouch account.

Lost and Found

Lost and Found items are placed in the Welcome Center Lost and Found. To look for a lost item, please go to the Welcome Center and our reception team will assist you. 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 summer, these items will be donated to charity, so please do your best to *leave no trace* after your child attends camp.

Summer Camp Code of Conduct

To make the camp season safe and successful, all campers are expected to follow a common set of values and respectful behavior:

- Listen and follow instructions.
- Be respectful to Teacher Naturalists, ANTS (Assistant Naturalists in Training), and fellow campers.
- Keep hands, feet, bodies to yourself.
- Stay on marked trails.
- Stay behind Teacher Naturalists and ANTS (one educator leads the group, and one brings up the rear.)
- Do not sit or climb on stone walls or trees.
- Leave no trace, do not litter.
- Do not pick, taste, or disturb plants or wildlife.
- Do not run in indoor home bases, treat our property with respect.
- Always wear shoes, including Beach Day.
- No swimming (wading to knees only) on Beach Day.

If your camper is unable to follow these expectations, here is what will happen:

1. **Redirect:** Their Teacher Naturalist will try to redirect the camper towards the appropriate behavior through positive reinforcement.
2. **Time out / Personal consequence:** the camper will be asked to sit out of camp activities for a short period of time, clearly be told why they are being asked to sit out and will be encouraged to focus on solutions for the behavior.
3. **Discuss:** If the above steps do not work, the Lead Teacher Naturalist or another senior member of the NBS staff will visit the group and facilitate a conversation with the camper.
4. **Intervention:** As a last resort, the camper's parent/guardian will be contacted to pick up the camper. If the child's behavior does not improve, they may be asked to leave camp for that week. In such cases, no refunds will be given.

The following behaviors will result in the immediate notification of parent/guardian and potentially the removal of the camper for the remainder of the camp season:

- Running away from their group; failure to comply with educator's rules and requests.
- Disrespecting others and/or bullying, including foul language.
- Threatening, harassing, and/or aggressive behaviors towards other campers, staff and/or wildlife.
- Stealing or damaging NBS property.

These expectations for safety and behavior are established with each camp group every Monday. Our expectations for camper behavior, such as showing respect for others, are like those in school. If a staff member has a concern regarding your child's behavior, they will let you know and will work with you to resolve the issue. If the behavior does not improve and becomes disruptive and/or dangerous to your child or to others, they may be asked to leave camp. In such cases, no refunds will be given. Parents or guardians agree to abide by the Camp Code of Conduct as part of the application process.

Drop-off and Pick-up

Drop-off

Monday Camper Registration

On Monday mornings all camp families (excluding Fledgling PM families) will park their cars at the main NBS Parking Lot located at 583 Third Beach Road and sign in at the Apple Orchard adjacent to the parking lot. **Please allow an extra 15 minutes in your Monday morning schedule for camper registration.** All campers, even returning campers and those attending multiple sessions, must be checked in by a parent/guardian every Monday. During this registration period, we will make sure that all forms are in order, introduce you and your child(ren) to their group(s), and provide other important information. Please note the following registration times and locations:

- Fledglings, Nature Day, Explorers, and Coastal Camp from 8:45 - 9:00 a.m. in the Apple Orchard

Camper Check-in (Tuesday-Friday)

We have a check-in window from 8:15 a.m. - 9:00 a.m. each morning. Please do not drop off before 8:45 a.m. See specific check-in times and locations for each group in the table below. Campers must be signed in at their drop-off location by a parent or authorized guardian.

**Campers at Coastal Camp will be dropped off at the round-about, and parents should NOT exit the cars as campers arrive. The Third Beach Naturalist oversees drop-off Tues-Fri, and the Coastal Teacher Naturalists will support.*

DAILY DROP OFF SCHEDULE		
WHO	WHEN	WHERE
FLEDGLINGS		
Fledglings	(M) 8:15 am - 9:00 am (T-F) 8:45 am – 9:15 am	(M-F) Orchard
NATURE DAY		
Nature Day	(M) 8:15 am - 9:00 am (T-F) 8:45 am – 9:15 am	(M-F) Orchard
EXPLORERS		
Explorers	(M) 8:15 am - 9:00 am (W) 2:45 pm - 3:00 pm* (T-F) 8:45 am – 9:15 am	(M-F) Orchard
COASTAL CAMP		
Coastal Camp	(M) 8:15 am - 9:00 am (T-F) 8:45 am – 9:15 am	(M) Orchard (T-F) Coastal Education Center

*Explorers Night Hike

Pick-up

Only the individuals listed on the Authorized Grown-up Form can sign campers out and must present photo ID. If someone is not on the Authorized Grown-up Form, they will not be allowed to pick up a camper. Camper pick-up will occur in different spots throughout the week (see below). Your camper will be picked up for most of the week from their home base. **Children must be signed out by a parent or Authorized Grown-up.** People picking up campers MUST show their identification, even if they have previously picked the child up.

**For a smoother pick-up process, Coastal Camp families picking up at the Coastal Education Center at 830 Third Beach Road should NOT exit their car.*

DAILY PICK-UP SCHEDULE		
FLEDGLINGS		
WHO	WHEN	WHERE
Fledglings	1:45 pm – 2:00 pm	(M-F) Curiosity Lab

**Friday Fiesta with families starts at 2:00pm and runs through pick-up*

NATURE DAY K-2, 3-4		
WHO	WHEN	WHERE
Nature Day A. [Asters]	(M-TH) 2:45 pm -3:15 pm	(M-F) Studio Classroom
Nature Day B. [Bluebirds]	(M-TH) 2:45 pm -3:15 pm	(M-F) Studio Classroom
Nature Day C. [Cottontails]	(M-TH) 2:45 pm -3:15 pm	(M-F) Barn Classroom
Nature Day D. [Dragonflies]	(M-TH) 2:45 pm -3:15 pm	(M-F) Barn

**Friday Fiesta with families starts at 2:00pm and runs through pick-up*

EXPLORERS		
WHO	WHEN	WHERE
Explorers	(M, F) 2:45 pm - 3:15 pm	(M, T - F) Barn Museum (Floor 2)
	(T, TH) 2:45 pm - 3:15 pm	
	(W) 8:45 pm - 9:00 pm	(W) Curiosity Lab

**Friday Fiesta with families starts at 2:00pm and runs through pick-up*

COASTAL CAMP		
WHO	WHEN	WHERE
Coastal Camp A. (Anemones) and Coastal Camp B. (Barnacles)	(M-TH) 2:45 pm - 3:15 pm	(M-TH) Coastal Education Center
	(F) 2:45 pm - 3:15 pm	(F) Studio Lawn

**Friday Fiesta with families starts at 2:00pm and runs through pick-up*

Early Pick-up: Please notify your Teacher Naturalist at one least one day in advance of any schedule changes. Group explorations cannot be interrupted due to a schedule change.

Late Pick-up: Parents MUST call the main office (401-846-2577) if they will be delayed for pick-up. 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 send an email to camp@normanbirdsanctuary.org or 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 another 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.

Monday and Friday Pick-up: You might notice looking at our drop-off and pick-up schedules that Monday and Friday are different for many camp groups this season! On Friday, our whole camp will gather on the Studio Lawn at 2:00 p.m. for our Friday Fiesta featuring performances by all camp groups.

Friday Fiesta: A favorite camp tradition! On Friday at 2:00 p.m., your camper's family is invited to come and witness the joy of summer camp as we observe performances by each camp group about what they learned that week! Join us on the Studio Lawn. **Following Friday Fiesta, main campus campers will return to their home bases for pick-up and Coastal campers will remain on the Studio Lawn for pick up.**

Transportation

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

What to Wear and 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. Sneakers or other closed toe shoes are required. We recommend campers wear shorts and short sleeve shirts on hot days, non-aerosol insect repellent, and a hat and sunscreen for sun protection. Campers will be required to always wear a shirt at the Coastal Education Center and beach. Coastal Campers and other campers on their beach days *only* may wear closed toe athletic sandals or Crocs; **flip flips are not allowed**. Campers will be required to always wear closed toe shoes, including at the beach. Please label all clothing with your child's name and be aware that all clothing may get wet or muddy from camp activities!

Camp Lunches and Snacks

All campers must bring their own labeled lunch in a sturdy bag or lunch box and include a mid-morning snack and drink. Refrigeration is not available, and we do not have a way to heat up lunches at Camp. It is extremely important for children to stay hydrated during the summer. Please be sure to send a refillable water bottle **labeled with your child's name** even if you send other beverages. Please use labeled, reusable containers to cut down on waste.

Sun Protection:

Campers should pack protective gear like a hat, sunglasses, and sunscreen to help protect them from sun damage every day. Campers are responsible for applying their own sunscreen unless parents/ guardians specifically request that Teacher Naturalists help them. Staff will always plan for product re-application times during the day.

Campers may leave some items at their group's classroom each morning if they'd like. All camper belongings should be labeled with a first and last name. We suggest campers have the following items all week:

- | | |
|--|--|
| ✓ Day Pack (for carrying lunch, water, etc.) | ✓ Sunscreen |
| ✓ Lunch and snack | ✓ Non-aerosol insect repellent |
| ✓ Refillable water bottle | ✓ Rain Jacket or Boots (as needed) |
| ✓ Hat and sunglasses | ✓ Jacket/sweatshirt |
| ✓ Change of clothes | ✓ Swimsuit, towel, and water shoes (<i>for days at the beach- see your camper's specific schedule</i>) |
| ✓ Sneakers or other <u>closed toe shoes</u> | |
| ✓ Water shoes (Coastal Camp or group beach days) | |

What NOT to Bring

Please leave cell phones at home. *Campers who need to call a parent/guardian will be escorted to the Main Office at the Welcome Center to do so*. **Please do not bring gum, hand-held electronics/games, music devices, toys, collectible cards, or sports equipment to camp**. 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 put the item in the main office for the day and return it to the camper at dismissal. We suggest that you do not send peanut or tree nut products in your child's lunches or snacks.

Wellness, Health, and Safety

**This section is subject to change based on RI Department of Health regulations as of January 18, 2025.*

Medication at Camp: Prescribed and Over-the Counter

Norman Bird Sanctuary will not assume responsibility for campers' medications. Epi-pens and inhalers will be always kept with your child's Teacher Naturalist and parents are responsible for picking up medication on the last day of their child's session.

Campers with Special Needs

NBS enthusiastically welcomes campers of all abilities and backgrounds. To ensure camper safety and to guarantee that your child has the best camp experience possible, we ask that you notify NBS in advance of your child's needs directly by email as well as 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.**

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 phone 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 tell your child's Teacher Naturalist or the Camp Director if you have questions about a particular injury or our reporting procedures. If your child is ill, please keep them home from camp. Any child with a temperature of 99°F or more will be sent home from camp.

Health Policy

Norman Bird Sanctuary is equipped to care for children who are in good health.

Children should not attend Camp and will be sent home if they exhibit any of the following symptoms:

- Fever of 99°F or more
 - Vomiting or diarrhea
 - Severe nasal or eye discharge
 - An unidentified rash
 - Lice
 - A contagious disease (e.g.: chicken pox, measles, etc.)
 - 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.

Your child can return to Camp when:

- Their temperature is consistently below 99°F for 24 hours without medication
 - Nasal or eye discharge has subsided
 - 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

Lice: To prevent the spread of lice, please do not send your child 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. No refunds will be given for absences due to headlice.

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

Sun, Insects, Ticks, Weather, and Allergies

Sun and Insect Protection: We ask that you apply bug spray and sunscreen in the morning before camp and 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 air quality alert days.

Ocean Safety: When visiting the beach, campers will only be allowed to go up to their knees in the water. Swimming is off limits for campers or staff.

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 (“puddingstone” and watermelon). If your child(ren) has food allergies, please list them on your health forms, and let us know at Monday morning check-in of any other concerns.

Peanuts: NBS is a nut-safe 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 and 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 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 on to 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 the neck, waist, armpits, and behind the 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 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 traumatize ticks, causing them to regurgitate gut contents (including 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.

Should I just stay indoors this summer? No, if precautions are taken, you should not stop 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 - <https://health.ri.gov/disease/carriers/ticks/>
- Center for Disease Control (CDC) - <http://www.cdc.gov/lyme>
- Tick Encounter Resource Center (URI) – www.tickencounter.org
- The American Lyme Disease Foundation (ALDF) – www.aldf.com

Deer Tick (*Ixodes scapularis*) Size Chart

