

MC May 2020 Wellness Newsletter



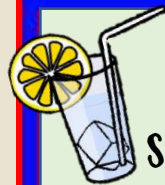
It's Tick Season



1. Use a chemical repellent with DEET, permethrin or picaridin.
2. Wear light-colored protective clothing.
3. Tuck pant legs into socks.
4. Avoid tick-infested areas.
5. Check yourself, your children, and your pets daily for ticks and carefully remove any ticks.



#growingstrongtogether



Beat the Summer Heat

SUMMER MONTHS MEAN MORE HEAT AND HUMIDITY. MAKE SURE YOU ARE DRINKING A LOT OF WATER WHEN YOU ARE OUTDOORS!!!

Sun Safety

SPENDING TOO MUCH TIME IN THE SUN CAN PUT YOU AT RISK FOR SUN BURN AND EVEN WORSE, SKIN CANCER. IN THE SUMMER, THE SUN IS AT ITS STRONGEST...

PROTECT YOURSELF & WEAR SUNSCREEN!

Lost & Found

If your child is missing anything let us know what it is. It may be on the lost and found rack.



Class of 2020

CLOEY BUSCH
PAYTON DANIELSON
AVERY DAVIS
DYLAN DELANEY
BRAYDEN GJERE
ASHLYN GUBER
PARKER INGVALSON
DAYLON JACOBSEN
PARKER KING
COLE KLEPPE
LAURYL LAINE
KATHRYN NEWMAN
CADEN STOEN
SARINA STORTZ
VINCENT TORGERSON
ETHAN UNDERBAKKE
BROOKLYN WALLIN
DAWSON WILDER
ALEXIS WILLIAMS



♥ May 10th is Mother's Day

✿ Breakfast in bed? ✿

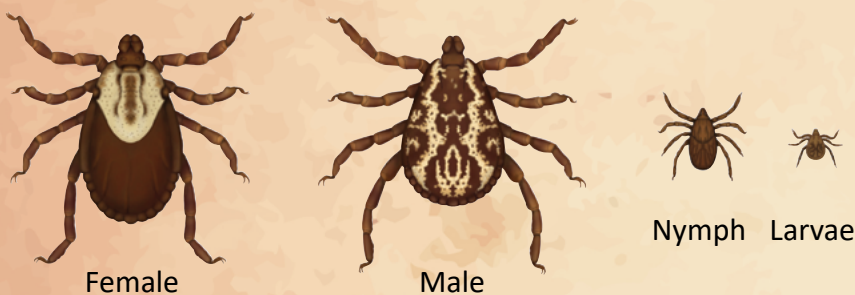
Layer some fruit, (strawberries, peaches, or blueberries) with yogurt then top it off with granola and almonds

MAY IS
BETTER
SLEEP
MONTH

[un]WANTED:

There are about 12 tick species found in Minnesota. Below are the most common ticks found on people and domestic animals:

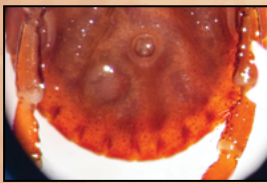
AMERICAN DOG TICK (aka “Wood Tick”)



Distinguishing Features:

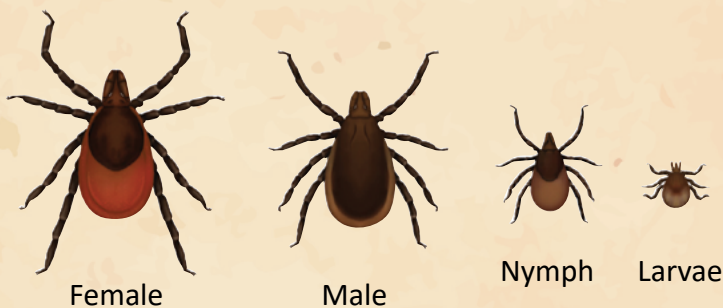


Short and broad mouthparts.



Festoons along edge with “Y-shaped” anal groove.

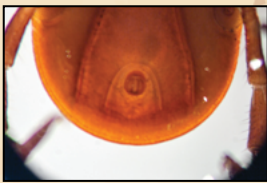
BLACKLEGGED TICK (aka “Deer Tick”)



Distinguishing Features:



Long and pointed mouthparts.



Upside-down “U-shaped” anal groove with no festoons.

Other Concerning Ticks:

The following species could potentially be found in Minnesota and affect humans and animals, either by causing heavy tick infestations or disease. Each is of interest to the Minnesota Department of Health (MDH) and Board of Animal Health (BAH). Consider submitting any tick that cannot be identified as a wood tick or deer tick, such as:



Lone Star Tick



Brown Dog Tick



Gulf Coast Tick

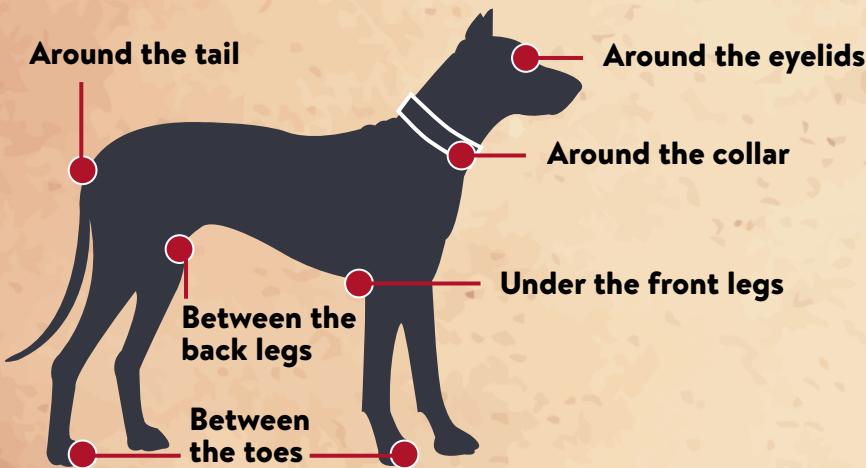


Asian Longhorned Tick



Cattle Tick

WHERE TO CHECK YOUR PET FOR TICKS:



CONTACT US:

If you see a suspicious tick and want to know what it is – mail it with the tick submission form (<http://www.mn.gov/bah/ticks>) or contact MDH at 651-201-5414 or health.bugbites@state.mn.us.

If you suspect an animal has Rocky Mountain spotted fever, tularemia, or another vectorborne disease of public health significance—NOT Lyme disease or anaplasmosis—report to the BAH by calling 651-296-2942 during business hours or the Minnesota Duty Officer 800-422-0798 outside business hours.

Common clinical signs of tickborne illness in animals:

- Fever
- Enlarged lymph nodes
- Lameness
- Lethargy
- Anorexia