

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

May 2024

BAT AND TICK SAFETY

Animal and Insect-Borne Diseases (Bats, Ticks, Mosquitoes)

Bats

With longer days and warmer weather, encountering a bat may be more common. While, bats are an important part of our ecosystem, they can carry diseases, such as rabies, that can be transmitted to humans. Please consider teaching children to:

- recognize what a real bat looks like
- never touch bats or any other wild animal
- notify a responsible adult immediately if they find a bat.

Teaching Children about Bats

Children need to be shown what a real bat looks like, since most people have only seen bats either in cartoons or flying in the air from a distance at dusk. When a bat is not moving it may be difficult for both children and adults to recognize it as a bat, because the wings may be folded inward. Consider showing your children pictures of real bats; these can be obtained on the internet.



I suspect a bat exposure. Now what?

If you think someone has been exposed to a bat (e.g. from touching, petting, catching, sitting on, or kicking it or trying to shoo it away), please contact your local public health unit or primary care provider immediately, or go to the emergency department. Treatment may be needed and should be given as soon as possible after exposure. Without treatment, rabies is almost always fatal.

For more information please visit the Interior Health website at: [Animal & Insect Diseases| Environmental & Seasonal Health | IH](#)

Ticks

Did you know ticks can be found year-round but they are most likely to bite in the spring? It is important to check yourself and your family members for ticks after being outside. Ticks found by BC residents can be identified for free by submitting a photo of the tick to [eTick](#). If the tick is identified as the type of tick that can carry diseases, clients will be provided instructions to keep the tick in a freezer for 30 days and monitor for signs of illness. If signs of illness develop, clients should see their healthcare provider immediately. Check out [BCCDC](#) for more information on ticks, including these tick bite prevention [tips](#) & [Tick Talk video](#).



For information about what to do if you find a tick on your skin see: [Tick Bites and Disease - HealthLinkBC File #01](#)

Additional information can be found here: [Insect repellents and DEET - HealthLinkBC File #96](#); [Insect Bites and Stings and Spider Bites | HealthLink BC](#).

MENTAL HEALTH

Connecting with Kids Webinar and Q&A- May 7 at 6:00-8:00 pm

Join this special FamilySmart event. Listen as Kim Barthel talks about having more self-compassion, self-awareness and knowledge about the art and science of relationships.

A holistic and engaging story-teller, Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion. [Register here](#).

National Child & Youth Mental Health Day

