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## Tick Prevention Plan

### **Purpose**

Hurt & Proffitt, Inc. recognizes that our employees are our most valuable assets and the most important contributors to our continued growth and success. Hurt & Proffitt, Inc. is firmly committed to the safety of our employees. We will strive to prevent workplace accidents and emergency situations, and are committed to providing a safe working environment for all employees.

This Tick Prevention Plan is to establish procedures and provide information to ensure Hurt & Proffitt, Inc. employees are knowledgeable in the prevention and recognition of tick bites and tick borne illnesses.

The Safety Manager is responsible for keeping this plan updated.

### **Tick-Borne Illnesses**

**Acquired red meat (alpha-gal) allergy:** This allergy can occur in people bitten by the Lone Star tick. A small percentage of people bitten may develop an allergic reaction to red meat.

**Anaplasmosis and Ehrlichiosis:** This can be transmitted by the Blacklegged Tick and the lone star tick. The symptoms of these illnesses are fever, headache, muscle pain, nausea, vomiting, rash, and confusion.

**Babesiosis:** This can be transmitted by the Blacklegged Tick. People may experience fever, chills, muscle pain, joint pain, fatigue, and jaundice.

**Borrelia Miyamotoi Disease:** This can be transmitted by the Blacklegged Tick. People may have fever, chills, headaches, body aches, joint pain, and fatigue.


**Heartland Virus Disease:** This can be transmitted by the Lone Star Tick. This can cause a severe or fatal illness in immune-compromised or elderly people. Symptoms include fever, fatigue, headache, and nausea.

**Lyme Disease:** This can be transmitted by the Blacklegged Tick. Initial symptoms typically include a circular or oval rash at least two inches in diameter. When untreated it may progress to affect the nervous system or heart.

**Powassan Virus:** This can be transmitted by the Blacklegged Tick. Symptoms include fever, headache, body aches, and vomiting.

**Southern Tick Associated Rash Illness (STARI):** This can be transmitted by the Lone Star Tick. The main symptom is a rash. The rash may be accompanied by fever, headache, fatigue, muscle pain, and joint pain.

**Rocky Mountain Spotted Fever (RMSF):** This can be caused by the American Dog Tick, the Brown Dog Tick, and the Lone Star Tick. RMSF is a very serious illness and is characterized by the sudden onset of fever 2-14 days after the tick bite. Appropriate antibiotic treatment should begin as soon as RMSF is suspected.

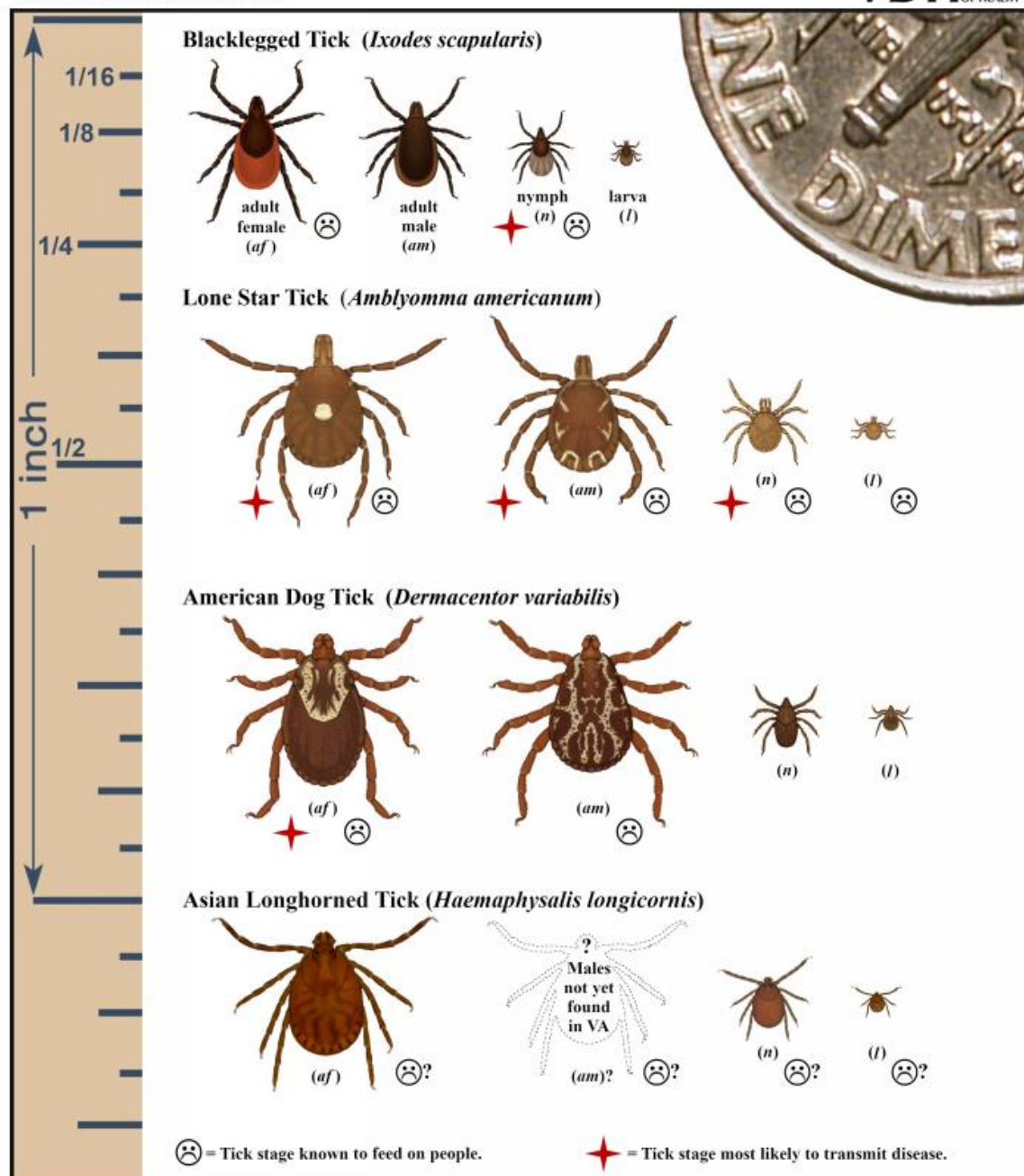
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**Rickettsia Parkeri Disease:** This can be caused by the Gulf Coast Tick and the Lone Star Tick. Infected persons usually suffer a rash of widely separated spots and may have a fever, headache, and body aches.

**Tularemia:** This can be caused by the American Dog Tick and the Lone Star Tick. Symptoms include formation of an ulcer at the bite site, swelling of lymph glands near the ulcer, and a fever.

### Types of Ticks found in Virginia

#### Tick Identification Chart



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### **Recommended Procedures to Prevent Tick Bites**

Wear light colored clothing to help you find ticks before they reach your skin.

Wear long pants and tuck your pants into your boots or duct tape the bottom of your pants leg closed.

Wear long sleeved shirts.

Use tick repellants per their instructions.

Hurt and Proffitt will supply tick-gaiters that have been treated with permethrin if you choose to wear them.

If you choose to have your clothing treated with permethrin, Hurt & Proffitt will reimburse the cost of the treatment.

Shower and check yourself for ticks after your work shift is over. Promptly remove any ticks that you find.

### **Documenting a Tick Bite**

If you find a tick bite, you must report it immediately on our Tick Report Application. The Tick Report Application can be found at <http://my.handp.com> or externally from apps.handp.com. Please list the date and time you found the bite, where it was located on your person and the project you were working on when the bite occurred. Also take a picture of the tick and upload it with your report. If you decide to seek medical help because of the bite, please notify your supervisor and the safety manager. If this policy is not adhered to, it will be difficult to determine if the tick bite occurred during work hours.

### **Removing a Tick**

Use tweezers or a tick removal tool and grasp the tick near it's mouth and as close to your skin as possible. Be careful not to squeeze or rupture the tick. Pull the tick in a steady, upward motion until the tick releases from the skin. Disinfect hands and bite area with soap and water and apply antiseptic to the bite site.

Keep the tick in a plastic bag and note on the bag the date the tick was removed from your body and the location it was removed from. This may help your doctor diagnose and treat a tick-borne illness.

### **References:**

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