



# Narragansett Indian Tribe Environmental Protection Program

May 2021 – Volume I, Issue I

**Our Mission is to protect, monitor, restore and regulate the Tribe's natural resources, honoring and protecting all life, land, culture, traditions, and tribal sovereignty. The Environmental Protection Program will promote environmental awareness, provide education and outreach activities, foster collaborative relationships, and continue to enrich and develop the program.**

## Time of Spring (Sequanakeeswash)



Spring Peeper

Spring is finally here. It is a time when our four-legged and feathered relatives begin to move, it is a time to begin planting our crops for fall harvest, and it is time to fish. We see the buds forming on trees –look for the pussy willow, the red maple. You will hear the Wood frogs and the Spring peeper make their calls; birds beginning to sing faster as they set up their territories to find the ideal mate, and the skunk cabbage begins to grow. Do you know why the Spring Peeper received its name? This year visit our natural world, listen to the sounds, watch our animal relatives, and look for a salamander, like the Red-Backed salamander (left) found under rotting logs or wood piles.



## Purpose of the Environmental Program

The Environmental Program works to raise awareness of all aspects of the environment. This includes solid waste issues, pollution prevention, water and air quality, conservation

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measures, household hazardous waste disposal, and many other areas. The program hosts Environmental Awareness Events to raise awareness of water quality and the effects of acid rain deposition on fish (Nauset All Things Fish project). Future events will include a Tribal Earth Day event and community clean up days. We also conduct surface water quality testing on the tribes two ponds, collect and manage geographical data, and create programs to address environmental concerns.

An easy way to begin learning about the environment around you is to visit the United States Environmental Protection Agency website and use [MyEnvironment](#).

## Earth Day 2021 “Restore Our Earth”



Earth Day is an annual event celebrated around the world on April 22 to demonstrate support for environmental protection. First celebrated in 1970, it now includes events coordinated globally. Earth Day is a celebration of the planet we call home — but it's also a call to action, one that is now more important than ever before – the reason for this year's official theme "Restore Our Earth". Our planet is an amazing place and unfortunately, it needs our protection from things like pollution, climate change, and deforestation. By taking part in activities like picking up litter and planting trees, we're making our world a safer, healthier place to live. This Earth Day we want to take time to educate our children, to help them better understand the difference they can make every day to make the Earth a better place. This Earth Day please take the time to start a conversation about environmental stewardship. Teaching kids about the need to preserve and protect our environment can be a process that is fun and educational for everyone involved. Doing things that restore our Earth also gives us a chance to restore ourselves from such a long year. Planting trees, gardening, and riding a bike not only benefit the planet but are great for improving our health. A good way for us to restore ourselves and stay healthy is to take time out of our busy lives and discover all the beautiful wonders our planet has to offer and literally stop and smell the roses. With a quarantine, shutdowns and social distancing this past year we can all use a little more time outdoors to appreciate nature. Make it a point to get outside, breath some fresh air, go on a hike. Look, Listen, and learn from what Mother Earth provides. Remember in order to Restore the Earth, we must first restore ourselves.

### MOSQUITO & TICK ENCOUNTER

An infographic with a light blue background and the title "MOSQUITO PROTECTION" in large, bold, yellow-outlined letters. Several mosquitoes are illustrated with dashed lines showing their flight paths. The infographic includes several text boxes with tips: "Wear long-sleeved shirts and long pants.", "Use insect repellent containing DEET when you go outdoors.", "Never apply repellent to babies younger than 2 months.", "Prevention is the best way to protect yourself and loved ones from West Nile and other mosquito-borne illnesses.", "Mosquitos breed in standing water so do not leave open containers of water or puddles near your house.", and "Stay indoors at dawn, dusk, and in the early evening when mosquitoes are the most active." The Kaiser Permanente logo is in the bottom right corner.

Wear long-sleeved shirts and long pants.

Use insect repellent containing DEET when you go outdoors.

Never apply repellent to babies younger than 2 months.

**MOSQUITO PROTECTION**

Prevention is the best way to protect yourself and loved ones from West Nile and other mosquito-borne illnesses.

Mosquitos breed in standing water so do not leave open containers of water or puddles near your house.

Stay indoors at dawn, dusk, and in the early evening when mosquitoes are the most active.

KAISER PERMANENTE

Winter may be gone, but now we have to protect ourselves against Tick and Mosquito borne diseases. Mosquitoes are carriers (vectors) for many diseases, including West Nile Virus (WNV), Eastern Equine Encephalitis (EEE), and Zika Virus. The species of mosquitoes that carry WNV and EEE are found in Rhode Island and bite until the first heavy frost (usually the end of October). The species of mosquitoes that carry Zika Virus are not known to be in Rhode Island any time of year. Everyone who participates in outdoor activities should take actions to protect themselves from mosquito bites.

### What Can You Do to Protect Yourself, Family, and Pets?

- Put screens on windows and doors. Fix screens that have holes.
- At sunrise and sundown (when mosquitoes who carry WNV or EEE are most active), minimize outside activities. If you must be outside, wear long-sleeved shirts and long pants and use bug spray. If you are traveling to a Zika Virus area, the species of mosquitoes that carry Zika Virus are active throughout the day (dawn through dusk) and are most active at midday.
- Use bug spray with at least 20% DEET (N, N-diethyl-meta-toluamide). Make sure that bug spray does not have more than 30% DEET. Do not use bug spray with DEET on infants.
- Put mosquito netting over playpens and baby carriages.

### Remove Sources of Mosquito Breeding Grounds:



- Get rid of anything around your house and yard that collects water. One cup of water can produce thousands of mosquitoes!
- Clean your gutters so that they can drain properly.
- Remove any water from unused swimming pools, boats, or water features and cover them.
- Change the water in birdbaths at least two times a week.
- Help your neighbors, friends and family do the same things.

### Prevention of Mosquito-Borne Diseases:

Eastern equine encephalitis (EEE) is spread to people through the bite of an infected mosquito. Mosquitoes bite during the day and night. There is no vaccine to prevent EEE virus infection. The best way to prevent EEE is to protect yourself from mosquito bites. Use insect repellent, wear long-sleeved shirts and pants, treat clothing and gear, and take steps to control mosquitoes indoors and outdoors.

### Use insect repellent:

Use Environmental Protection Agency (EPA)-registered insect repellents with one of the active

ingredients below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)

- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone

#### Tips for babies and children

- Dress your child in clothing that covers arms and legs.
- Cover strollers and baby carriers with mosquito netting.
- When using insect repellent on your child:
  - Always follow label instructions.
  - Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
  - Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
    - Adults: Spray insect repellent onto your hands and then apply to a child's face.

#### Tips for everyone

- Always follow the product label instructions.
- Reapply insect repellent as directed.
  - Do not spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.

#### Wear long-sleeved shirts and long pants and Treat clothing and gear

- Use 0.5% permethrin to treat clothing and gear (such as boots, pants, socks, and tents) or buy permethrin-treated clothing and gear.
  - Permethrin is an insecticide that kills or repels mosquitoes.
  - Permethrin-treated clothing provides protection after multiple washings.
  - Read product information to find out how long the protection will last.
- Follow the product instructions.
- Do not use permethrin products directly on skin.

Sources: RIDOH, CDC



The best way to prevent tickborne diseases, especially Lyme Disease, is to prevent tick bites. In Rhode Island, tickborne illnesses are most often transmitted between early spring and late fall since ticks are most active during warm months. Take action to decrease your risk of infection. Wear a repellent containing up to 30% DEET, check your body daily for ticks, and limit your exposure to ticks and tick habitats. Preventative measures you and your family can take now:

- Avoid Areas Where Ticks Live:
  - Ticks prefer **wooded and brushy areas** with high grass and leaf litter.
- Take extra precautions in **May, June and July**, and later in **October and November** when ticks come out for one last meal before winter. This is when most infections occur.
- If you do enter a tick area, **walk in the center of the trail** to avoid contact with overgrown grass, brush and leaf litter.
- Tuck shirts in waist band and pants in socks

- **Use EPA-Registered Tick Repellants:**

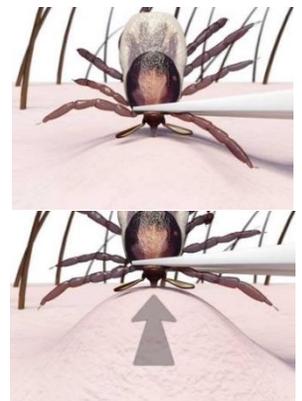
- Apply an EPA-registered insect repellent on skin and clothing when you go outdoors. Always follow product instructions.
- Shoes/clothing treated with **permethrin** kills ticks on contact and gives protection through several washings. Do not use permethrin on skin. Permethrin products kill blacklegged ticks (deer tick) for a least a month. When spraying shoes, make sure to wet the shoe thoroughly and dry completely before wearing.
- Protect your pets and speak to your veterinarian about tick prevention products for pets.

- **Check for Ticks Daily:**

- Examine clothing, gear, and pets before going indoors.
- Put your clothes in the dryer on **high heat for 10 minutes**.
- **Check your body** and your child's body after being outdoors. Use a mirror to **look at all parts of your body** (under arms, behind ears, around waist, between legs, etc.) and remove any ticks you find.
- **Shower** soon after being outdoors to wash off unattached ticks and more easily check for ticks.

- **Remove Tick as soon as you can:**

1. Use **fine-tipped tweezers**, or one of the many available tick removal tools and firmly grasp the tick as close to the skin as possible.
2. Disinfect the tick-area with alcohol.
3. Place tweezers as close to the skin as possible to grab the tick's head or directly above head.
4. With a steady motion, **pull straight up** until all parts of the tick are removed. Do not twist or jerk the tick. Do not be alarmed if the tick's mouthparts remain in the skin. Tick-borne diseases are NOT possible without the tick's body.
5. Disinfect the tick-bite area again with alcohol.
6. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape or flushing it down the toilet. **Never crush a tick with your fingers.**
7. Clean your hands and the bite area with rubbing alcohol or **soap and water**.



NOTE: You can also send the tick to a tick testing laboratory to test for tick-borne diseases. For more information, please visit <https://web.uri.edu/tickencounter/>

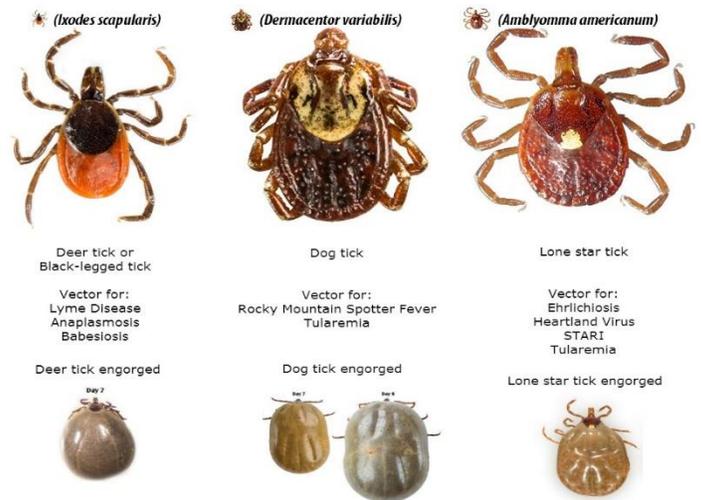
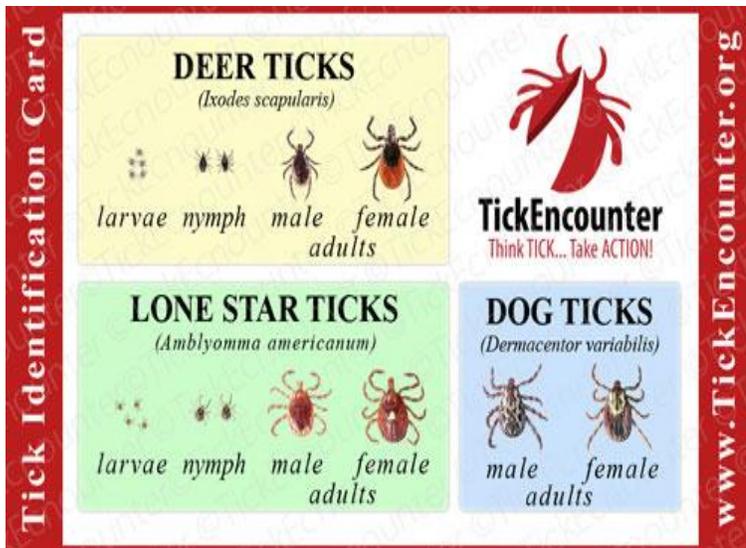
- **Watch for Symptoms:**

- tickborne symptoms occur from **three days to 30 days or longer after** a tick bite.
- Symptoms may include **fever/chills, bulls-eye rash, headache, joint pain, muscle aches, or fatigue**. Not all people with Lyme disease report a rash. Symptoms also may not occur at all. For more information, please visit [health.ri.gov](http://health.ri.gov) or [CDC.gov](http://CDC.gov)

- **Contact your Health Care Provider:**

- Contact your **health care provider** if you develop any of the symptoms listed above and tell your health care provider about your recent tick bite, when the bite occurred and your **outdoor activities**.

Sources: Center for Disease Control (CDC), RI Department of Health (RIDOH), TickEncounters.



## Natural Remedies for Keeping Pesky Bugs Away!

Natural Tick and Bug Repellents:

### 1. Try Cedar Oil Spray

Cedar oil is a non-toxic, natural tick and insect repellent. It can be sprayed directly on clothing and skin. It is safe for use on humans and pets. Not only does cedar oil repel ticks and other irritating insects, but it kills them. Cedar oil spray can be purchased online and at most pet stores and big-box retailers.

### 2. Homemade Tick and Insect Repellent

Try this simple recipe. Just mix and apply to exposed skin before heading outdoors:

- 9 drops citronella essential oil
- 6 drops Tea Tree essential oil
- 6 drops Peppermint essential oils
- 1 tablespoon almond oil or jojoba oil

### 3. Eucalyptus Oil

Eucalyptus oil is known as an effective tick repellent and killer. Just combine 4 ounces of purified or distilled water to a small spray bottle along with 20 drops of eucalyptus essential oil. Shake before using and spray on skin, pant cuffs, and shoes. Safe for use on dogs (eucalyptus oil must be diluted with the water before application on dogs).



### 4. Neem Oil

Neem oil is used as a natural remedy to repel and remove ticks. To use, add several drops to the palm of your hand and rub on exposed skin. It can also be diluted and mixed with almond or other light carrier oil. When diluted, it's safe for dogs. To remove a tick, apply a drop or two of neem oil directly on the tick and it will extract itself quickly.

## 5. Apple Cider Vinegar

Apple cider vinegar to the rescue once again! This wonderful natural remedy also helps to repel ticks. The following solution can be sprayed on clothing and exposed skin, even lawn furniture. Combine the following in a spray bottle:

- 2 cups of water
- 4 tablespoons of apple cider vinegar
- 2 tablespoons of organic neem oil

Note: Please be cautious as you may be sensitive to essential oils. Always test on a small patch of skin.

## **UPCOMING EVENTS**

- **Virtual Meeting with Tribal Youth to gather information on environmental protection - TBA**
- **EPA Water Quality Mobile Lab Event -TBA**
- **Clean Air in your Home – Wood smoke Event - TBA**

All Events will be Announcement and posted on the Tribe's Webpage



**Please Recycle When Done!**  
**Thank You!**

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