Lyme Disease

What Causes Lyme Disease?
• Lyme Disease is caused by a blacklegged or deer tick bite.
• Risk of exposure is greatest in the woods and the edge between lawns and woods.

Who is at risk for Lyme Disease?
• Anyone who was bitten by a tick that carried Lyme disease.
• The risk for Lyme Disease is the highest in the Northeast and North-Central states.
• People who work and play outdoors (hikers, golfers, landscapers, campers…) are at greater risk.

If I have a tick will I definitely get Lyme Disease?
No. In most cases the tick must be attached for 36-48 hours before the Lyme disease bacterium can be transmitted.

How do I remove a tick?
• If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of the skin.
• Pull the tick straight up and out. Don’t twist or jerk the tick.
• Clean the bite and your hands with rubbing alcohol, an iodine scrub or soap and water.
• You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.

NOTE:
Do not put hot matches, nail polish, or petroleum jelly on the tick to try and make it pull away from your skin.

Video demonstrating tick removal:  http://youtu.be/0wotB38WrRY
Protect Yourself

Apply Insect Repellent
• Use a product that contains 20-30% DEET on skin and clothes.
• Follow manufacture guidelines.

Dress to Protect
• Wear light colored shoes, long sleeves, long pants and a hat.
• Tuck shirts into pants, pants into socks.
• Wear clothing that has been treated with an insecticide called permethrin.
• Put clothes in the dryer on high heat for 60 minutes after you come indoors.

Walk Carefully
• Avoid wooded and busy areas with high grass and leaf litter.
• Walk in the center of trails.

Look for Ticks
• Shower as soon as you come indoors.
• Ticks are very small.
• Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.

Check Your Pets
• Check your pets for ticks
• Talk to your veterinarian about the best protection for your pets.

Know When To See Your Doctor
• See a doctor if you develop a fever, rash, severe fatigue, facial paralysis or joint pain within 30 days of being bitten by a tick.
• See a doctor if you have a red circular rash at the site of the tick bite.

Other Resources
Center for Disease Control:  www.cdc.gov/lyme
National Institute for Health:  health.nih.gov/topic/LymeDisease