UNDERSTANDING TICKS AND LYME DISEASE

- Awareness
- Diagnosis
- Treatment
- Prevention
- Control
**AWARENESS:**

**WHAT**
Lyme Disease is a bacterial infection caused by the bite of an infected *Ixodid* (deer) tick.

**WHEN**
Most cases occur during the late spring and summer months when the nymphal stage of the “deer tick” (about the size of a poppy seed) is active.

**WHERE**
Ticks reside in grassy, heavily wooded areas, even in your own backyard!

High risk areas to avoid are:
- Edge of lawn
- Wood edges
- Shrubs & Bushes
- Leaf litter
- Stone walls
- Wood piles
**DIAGNOSIS:**

**EARLY SYMPTOMS OF LYME DISEASE:**
- Fatigue
- Rash
- Low-grade fever
- Stiff neck and headaches
- Swollen glands

A first sign of infection is often a red ring-like or homogenous expanding rash.

**LATE SYMPTOMS:**
A blood test may help confirm a clinical diagnosis.

The following symptoms can occur weeks, months or even years after a tick bite in untreated patients...

**TREATMENT:**

- Treatment of early disease symptoms from any tick bite is essential to avoid late stage problems.

- See your physician immediately if you know you have been bitten by a tick and develop symptoms.

- Different tick-borne infections require different medications.
**PREVENTION:**

**PERFORM DAILY TICK CHECKS** especially with children.
- Examine yourself frequently while in tick-infested areas.
- Perform a full-body exam on yourself, children and pets after leaving tick habitat.

**PROMPT & PROPER REMOVAL** of the tick reduces the risk of infection.
- Use fine-pointed tweezers.
- Grasp the tick's mouth parts close to the skin.
- APPLY steady outward pressure.
- DO NOT use petroleum jelly, noxious chemicals, or hot objects to remove ticks. Improper removal can increase the chances of infection.

**AVOID HIGH RISK AREAS** such as edge of woods, shady and moist habitat.

**USE REPELLENT** containing DEET. Follow directions carefully.

**WEAR LIGHT COLORED CLOTHING** it helps you to spot ticks crawling on you.

**STAY IN THE MIDDLE OF THE PATH** when hiking through wooded or grassy areas.

**CONTROL:**

**TIPS TO AVOID TICKS**
As most tick bites occur around the home, there are a number of things you can do to reduce tick habitat and hence disease risk:

- Create a safe area for children and pets to play; away from lawn edges, wooded edges, stone walls and wood piles.
- Keep lawn mowed short.
- Remove leaf litter, brush and areas where ticks hide.
- Avoid stone walls.
- Trim bushes; mow fields - ticks don't like direct sunlight.
- Use pesticide (if area is infested with ticks) in late May to kill nymphal ticks.
- Keep abreast of new technology being developed to control tick populations.

**OTHER TICK-BORNE DISEASES** are on the increase and, if left untreated, may in rare instances be fatal.

- **Ehrlichiosis** - high fever (104°), severe headaches.
- **Babesiosis** - malaria-like illness; spiking fevers, and body sweats.
- **Rocky Mountain Spotted Fever** - rashes on palms of hands and soles of feet spreading over the body, chills and fever.
Want to Know More?

Visit our website at www.aldf.com

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