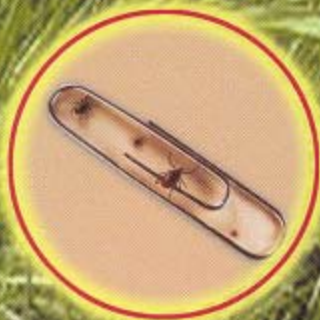
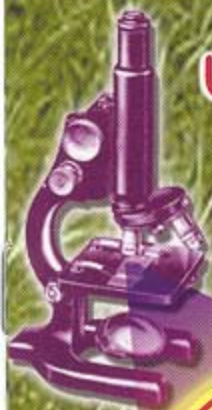


UNDERSTANDING TICKS AND LYME DISEASE



- Awareness
- Diagnosis
- Treatment
- Prevention
- Control



AWARENESS:

WHAT

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



LARVAE



NYMPH



ADULT

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

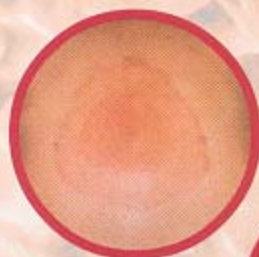




DIAGNOSIS:

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...

LATE SYMPTOMS:



Nervous System Problems:

- Headaches
- Paralysis of facial muscles
- Trouble concentrating
- Loss of memory

Heart Abnormalities:

- Irregular heartbeat
- Palpitations
- Heart block

Arthritis:

- Pain and/or swelling, usually in large joints like the knee



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 REPELLANT 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 un-treated, 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

or write to us at

American Lyme Disease Foundation, Inc.

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