

Lyme Disease



Prevention Guide

Lyme disease is caused by a bacteria that is spread to humans through the bite of infected blacklegged ticks.

Common Symptoms

Joint Pain

Skin Rash
(Looks like a bullseye)

Fever & Chills

Headache

Fatigue

1. Avoid tick-infested areas



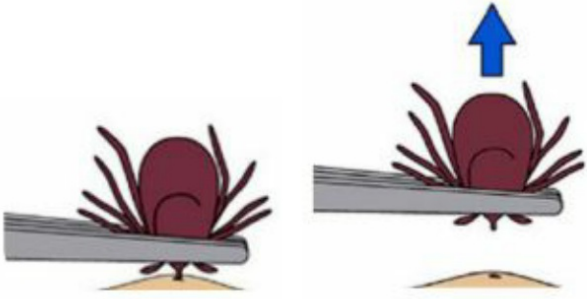
- This is especially important in May, June, and July. Many local health departments and parks have information about where ticks are usually found.
- If you are in tick-infested areas, walk in the center of trails to avoid contact with overgrown grass including tall sea grass, brush, and leaf litter at trail edges.

2. Use insect repellent



- Spray repellent containing a 20% concentration of DEET on clothes and exposed skin.
- You can also treat clothes (especially pants, socks, and shoes) with permethrin, which kills ticks on contact, or buy clothes that are pre-treated.
- Always follow the manufacturer's instructions when applying repellent.

3. Perform daily tick checks



- Always check yourself and pets for ticks after being outdoors, even in your own yard.
- Inspect all body surfaces carefully, and remove attached ticks with tweezers. **DO NOT** use petroleum jelly, a hot match, nail polish, or other products.
- Grasp the tick firmly and as close to the skin as possible. Avoid crushing the tick's body. With a steady motion, pull the tick's body away from the skin. Do not be alarmed if the tick's mouthparts remain in the skin. Cleanse the skin area with an antiseptic.

4. Bathe or shower



- Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.
- Ticks can get a ride indoors on your clothes. After coming indoors, tumble dry clothing in a hot dryer for 10 minutes to kill any ticks that are attached to clothing.



Most humans are infected through the bites of immature ticks called nymphs. Nymphs are tiny (less than 2 mm - about pin-head sized) and difficult to see; they feed during the spring and summer months. Ticks occur mostly in tall grass and wooded areas. In tall grass ticks are well situated to crawl on to passing animals and people as their legs brush against the grass.



The early diagnosis and proper treatment of Lyme disease are important strategies to avoid the costs and complications that are associated with the illness. As soon as you notice a characteristic rash or other possible symptoms, consult your healthcare provider.

