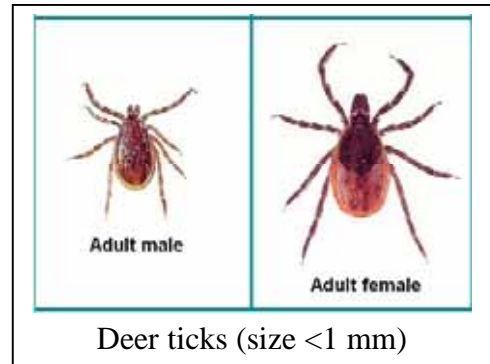


Preventing Tick-Borne Illnesses

Ticks can transmit a range of diseases to humans, e.g., Lyme disease, Ehrlichiosis, Babesiosis, and Rocky Mountain spotted fever. These can be very serious, leading to long-term effects such as arthritis, or even death. To reduce the risk of contracting these diseases:

1) Reduce exposure to ticks. 2) Recognize early symptoms and seek treatment.



1. Reduce Exposure to Ticks

- Ticks are prevalent in grassy or wooded areas, especially where deer or mice are plentiful. Deer ticks (carriers of Lyme disease) are most prevalent in the Northeast but are spreading west and south.
- Wear long pants and tuck pant legs into your socks. This creates a long path length for ticks to traverse from ground to skin.
- Wear light-colored clothing, making it easier to see ticks crawling on clothes. Wear a hat.
- Apply repellants containing DEET, e.g. Deep Woods Off. Reapply every few hours.
- Conduct a full body check upon returning from tick-infested areas. Remove any ticks.
- To remove attached ticks, grasp as close to skin as possible with tweezers, and pull carefully without twisting. If parts remain attached, dig them out. Thoroughly disinfect the area and wash hands. Save the tick in a plastic bag for possible identification should symptoms develop. Ticks removed within 24 hours are less likely to transmit disease

2. Recognize early symptoms and seek treatment

- Symptoms appear 1-4 weeks after disease transmission.
- Symptoms may be mild, subtle, and easily confused with other conditions such as flu.

Lyme Disease	Ehrlichiosis or Babesiosis
<ul style="list-style-type: none"> • Solid red or bull-eye rash, several inches in diameter, radiating from bite site. (Does not appear in all cases.) • Swelling near bite site. • Generalized ache-iness • Joint pains, chills, fever, fatigue. 	<ul style="list-style-type: none"> • Flu-like symptoms, including: • Fever, severe chills, night sweats, headache • Generalized ache-iness • Nausea

- **If you have a tick-borne disease, it is important to get prompt medical treatment.**
- Diagnosis is difficult and may rely on indirect indicators such as symptoms, blood count profile, liver function. (Definitive tests are only effective several weeks after symptoms develop, which is too late for treatment to start.)
- Treatment is typically with antibiotics.