

It's LYME Time...

The highest risk for Lyme Disease is mid April through September.

Protect yourself through frequent tick checks!

PREVENTION



Before Going Out:

- Wear light-colored, tightly woven clothing to make it easier to spot ticks
- Tuck shirts into pants and pants into socks
- Wear closed shoes/sneakers rather than open sandals
- Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents. It remains protective through several washings. Pre-treated clothing is available and remains protective for up to 70 washings.

While Outside:

Stay in the center of trails; avoid low bushes and leafy brush; periodically check clothing and skin for ticks and remove.

Upon Return:

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet)

For Your Pets:

Because dogs and cats can also develop Lyme disease, fit your pets with tick collars or treat them with a repellent product applied monthly to the skin. Speak to your veterinarian about this and other options. Frequent tick checks should also be done to find and remove ticks promptly.

Hunterdon County continues to have one of the highest rates of Lyme disease in the country. The disease is transmitted by the bite of an infected deer (black legged) tick. Common habitats for the deer tick are leaf litter in wooded areas, grassy areas along wooded edges and low bushes and shrubs. Deer ticks are not commonly found on athletic fields, cut lawns or agricultural fields. The majority of Lyme Disease cases are "caught" around the home. Children may be at particular risk because of the amount of time they spend playing outdoors.

Hunterdon County Division of Public Health Nursing
6 Gauntt Place, PO Box 2900, Flemington, NJ 08822
Phone (908) 806-4570 Fax (908) 806-5503
For more information on Lyme Disease, visit our website at:
www.co.hunterdon.nj.us/phn/lymeinfo.html

REMOVE TICKS the safe way...

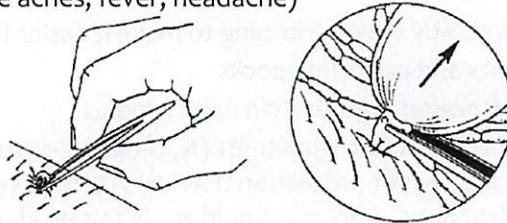
DO:

- **GRASP** tick as close as possible to the skin, using tweezers.
- **PULL** straight out with a steady motion.
- **WASH** site thoroughly with soap and water.
- **RECORD** site of attachment and date of bite on calendar.
- **WATCH** for early signs and symptoms of Lyme disease (for up to one month), such as:
 - ◆ Expanding red rash (at least 2" in diameter)
 - ◆ 'Flu-like' symptoms (fatigue, muscle aches, fever, headache)
 - ◆ Joint pain and swelling.

Don't:

- Burn tick with a match.
- Smother with petroleum jelly or noxious chemical.
- Crush with your fingers.

These methods increase your risk for Lyme disease.



DON'T

FORGET:

It generally takes 36-48 hours for a deer tick to infect its host with the bacteria that causes Lyme Disease.

So remember to

DO TICK

CHECKS

DAILY!

Follow Up...What to look for...

If you had a tick bite, live in an area known for Lyme Disease or have recently traveled to an area where it occurs, and observe any of these symptoms, you should seek medical attention!

Early localized stage (3-30 days post-tick bite)

Some people may get these general symptoms in addition to an EM rash, but in others, these general symptoms may be the only evidence of infection

- Red, expanding rash called erythema migrans (EM)
- Fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes

Early disseminated stage (days to weeks post-tick bite)

Untreated, the infection may spread from the site of the bite to other parts of the body, producing an array of specific symptoms that may come and go, including:

- Additional EM lesions in other areas of the body
- Facial or Bell's palsy (loss of muscle tone on one or both sides of the face)
- Severe headaches and neck stiffness due to meningitis (inflammation of the spinal cord)
- Pain and swelling in the large joints (such as knees)
- Shooting pains that may interfere with sleep
- Heart palpitations and dizziness due to changes in heartbeat

Late disseminated stage (months-to-years post-tick bite)

- Approximately 60% of patients with untreated infection may begin to have intermittent bouts of arthritis, with severe joint pain and swelling. Large joints are most often affected, particularly the knees. Arthritis caused by Lyme Disease manifests differently than other causes of arthritis and must be distinguished from arthralgias (pain, but not swelling, in joint).
- Up to 5% of untreated patients may develop chronic neurological complaints months to years after infection. These include shooting pains, numbness or tingling in the hands or feet, and problems with short-term memory