

**BE** **tick** **FREE**

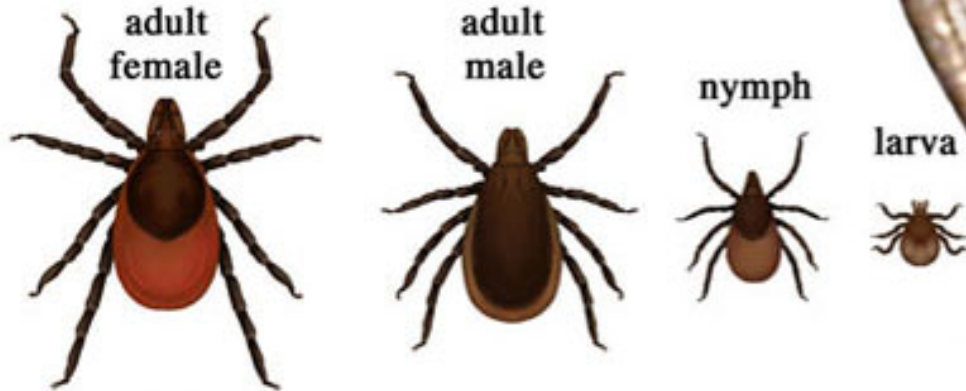


At IC



# The Little Buggers that Cause Lyme Disease.....

Blacklegged Tick (*Ixodes scapularis*)



Located in the northeastern, mid-Atlantic, and north-Central U.S.  
They crawl onto people or animals.  
They can't jump or fly.

## Reported Cases of Lyme Disease -- United States, 2015



1 dot placed randomly within county of residence for each confirmed case

From the CDC website- <https://www.cdc.gov/lyme/stats/maps.html>

# Symptoms

as reported by the Center for Disease Control

## Early Signs and Symptoms (3 to 30 days after tick bite)

- ▶ Fever
- ▶ Chills
- ▶ Headache
- ▶ Fatigue
- ▶ Muscle and joint aches
- ▶ Swollen lymph nodes
- ▶ Erythema Migrans (EM) rash

## Erythema migrans (EM) rash ("Bull's Eye")

Not everyone gets a rash even though they have Lyme.



Often harder to spot with darker skin tones, may appear as a bruise. Appears at the original site of the tick bite, but can also spread to other areas in later stage of the disease. May not even be a bull's eye shape.

# CDC reported Later Stage Symptoms

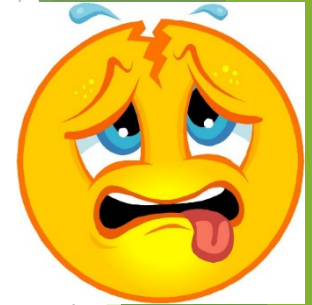
(days to months after tick bite)

- ▶ Facial palsy (loss of muscle tone or droop in the face)
- ▶ Pain in tendons, muscles, joints, bones
- ▶ Heart palpitations or an irregular heart beat
- ▶ Inflammation of the brain and spinal cord
- ▶ Shooting pains, numbness, or tingling in the hands or feet
- ▶ Problems with short-term memory



# More Symptoms

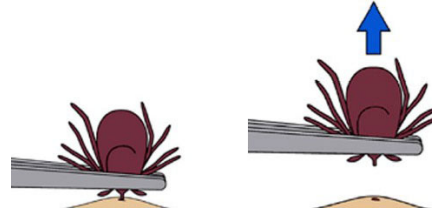
- ▶ Dizziness
- ▶ Shortness of breath
- ▶ Severe headaches
- ▶ Neck stiffness
- ▶ Severe joint pain/swelling
- ▶ Nerve pain



# How To Remove A Tick

Early removal can reduce the risk of the tick transmitting disease.

\*Pull upward, no twisting or jerking\*



- ▶ Get it off quickly
- ▶ Don't use nail polish, petroleum jelly or heat
- ▶ Grasp the tick as close to the skin as possible
- ▶ Use tweezers or a tick removal tool
- ▶ Get the head/jaws out
- ▶ Clean with soap and water or disinfectant solution



# It's Off!!

## Now what.....

Make sure it can't get out and latch back on to you or someone else.

\*\*Never crush a tick with your fingers.

To properly dispose of the tick:  
Place in alcohol or.....  
Place in a sealed bag or container or.....  
Wrap tightly in tape or....  
Flush down toilet.



# Prevention

Ticks are most active in the summer months.

Avoid wooded/brushy areas/high grass

Stay in center of the trail

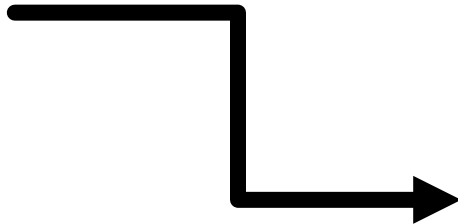
Wear long clothing

Use insect repellent

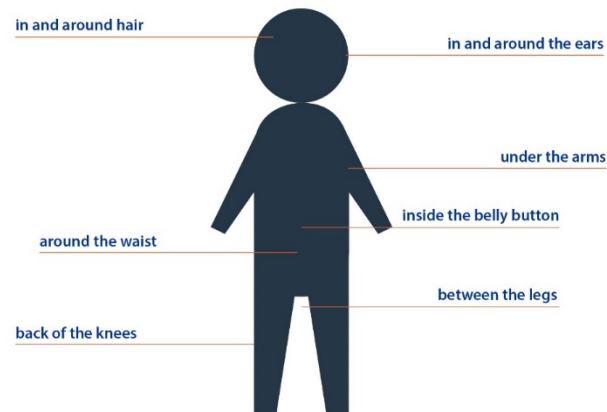
Shower shortly after outdoor activity

Put equipment and clothing in a hot wash and/or hot dryer

Perform a "tick check" ASAP



## Important areas to check for ticks



# Ticks, Lyme and Skin Tones



- ▶ Rash may be harder to identify on darker skin tones.
- ▶ Some research suggests that African Americans are reporting more occurrences in arthritis as a result of Lyme (later stage symptom).
- ▶ Much more research is needed, but early thoughts are that the rash is more difficult to identify and therefore correct treatment is delayed.

# Talking to your physician

- ▶ Other species of ticks can transmit other kinds of diseases.
- ▶ Share all symptoms (even if you think it's not related)
- ▶ Share areas you have been outside
- ▶ Any spots where you have a bite mark or rash
- ▶ There is a blood test for Lyme Disease
- ▶ Medication may include antibiotics
- ▶ There's no evidence Lyme Disease can spread during kissing, touching, or sexual contact.

