At IC
The Little Buggers that Cause Lyme Disease......

Blacklegged Tick (*Ixodes scapularis*)

- Adult female
- Adult male
- Nymph
- Larva

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

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 bit, 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.

- 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

*Pull upward, no twisting or jerking*
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:
- in and around hair
- in and around the ears
- under the arms
- inside the belly button
- between the legs
- around the waist
- back of the knees
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.