

Lyme Disease in the Valley



Lyme disease is the most commonly reported tick-borne disease in Staunton, Augusta, and Waynesboro

Common Ticks found in Virginia



Blacklegged/Deer Tick

Only tick that carries Lyme disease in Virginia

Has to be attached for at least **36** hours to spread Lyme disease

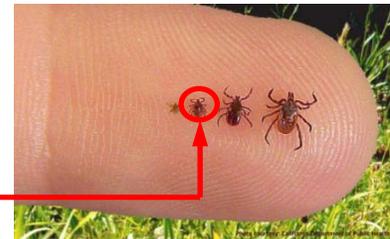


Lone Star Tick



American Dog Tick

The nymph stage of the Blacklegged tick is the smallest, most common carrier of Lyme disease



Preventing Tick Bites

In forested or shady areas, use repellents that contain 20-30% DEET on exposed skin or clothing.

Do “tick checks” after being outdoors especially in the spring and summer months.

Signs and Symptoms

People may experience symptoms 3-30 days post tick bite, including:

- Fatigue
- Chills
- Fever
- Headache
- Muscle/Joint aches
- Bull's-eye rash



Tick Removal

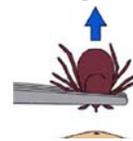
Grasp Tick

Get close to the skin



Pull

Gently and steadily, straight up



Clean

Site with soap and water

Dispose

Tape and toss or flush

Pets and Lyme disease

Protecting your animals from tick-borne diseases can help reduce tick exposures.

Outdoor pets can bring ticks from outside into your homes.

This could put you and your family at greater risk.

Ask your veterinarian about other ways to protect your pets from tick bites and Lyme disease.

Learn more by visiting the following websites:

<http://www.cdc.gov/lyme/index.html>

<http://www.vdh.virginia.gov/epidemiology/DEE/Vectorborne/>