

# Ticks and Lyme Disease



## *Why are we concerned about Lyme disease?*

Each year, more and more people are getting tested and treated for Lyme disease - the most common tick-borne illness in the United States.

## *How is Lyme disease transmitted?*

Lyme disease is transmitted from the bite of an infected blacklegged tick (deer tick). The tick must be attached to a person for 24 to 36 hours before the bacteria that causes Lyme disease is transmitted. The peak transmission season occurs in May and June, but may occur throughout the year.

## *What are the signs and symptoms of Lyme disease?*

- Flu-like symptoms such as fatigue, chills, low grade fever, headache, muscle and joint aches, and swollen lymph nodes
- Most get a red, expanding rash - only 20% of people with any rash have the notorious bull's eye rash (erythema migrans)

## *What can I do to prevent Lyme disease?*

Reducing exposure to ticks is the best defense against tick-borne diseases.

- Stay away from tall grass, wooded, and bushy areas
- Wear light-colored clothing and long-sleeved shirts
- Tuck pants into socks and shirts into pants
- Apply insect repellents with DEET to skin and clothing
- Carefully check body and pets for ticks after being outside

## *How do I remove a tick?*

- Use tweezers to grab the tick's mouth parts close to the skin - slowly pull upward and straight out
- After removing the tick, thoroughly clean the bite area and your hands with soap and water or rubbing alcohol
- Place the tick in plastic bag or jar to identify later if you get sick

**For more information, go to:** [www.cdc.gov/lyme](http://www.cdc.gov/lyme)



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