

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



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