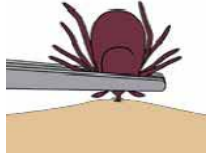


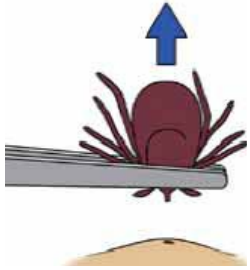
What should I do if I get a tick bite?

All ticks should be removed. For safe removal follow these instructions:

- ▶ Try to wear disposable gloves when an handling an engorged (blood filled) tick.
- ▶ Use tweezers to grab the tick as close to the head (near the skin) as possible. Don't use your fingers to remove a tick.
- ▶ Without squeezing the tick, gently lift it straight off the skin. Avoid moving it around as you lift up. Try to make sure that all of the tick is removed.



- ▶ Clean the tweezers and bite area with soap and water and then apply an antiseptic cream. Remove your gloves and wash hands with soap and water.



- ▶ If possible, place the tick in a small bottle labeled with the date, the person's name who was bitten, address, and the estimated hours the tick was attached to the body.
- ▶ Call your doctor to see if treatment is needed and if they want you to have the tick tested.
- ▶ **DO NOT** use petroleum jelly, a hot match, or any other product to remove the tick.



For more information on Lyme disease please call:

Meriden Health Department
Environmental Health Division
203-630-4280

or please visit

www.cdc.gov
www.lyme.org
www.aldf.org



Brochure Revised
May 2010

Lyme Disease



What you need to know

Meriden Health Department
165 Miller Street
Meriden, CT 06450
203-630-4226
www.meridenhealth.com



Who is at risk for Lyme disease?

- ▶ Any person who is outdoors in wooded or grassy areas where infected ticks may be found.
- ▶ Children are particularly at risk of getting tick bites due to playing outdoors in grassy or wooded areas.
- ▶ Pets can bring ticks in from the outside and can get sick from Lyme disease, too.

What is Lyme disease?

Lyme disease (LD) is caused by a bacteria that can be spread to humans through the bite of an infected deer tick. If left untreated, LD can affect the joints, the heart, and the nervous system. Early symptoms of LD include:

- ▶ A “bull’s-eye” rash which spreads outward from the tick bite (although not everyone gets the rash).
- ▶ General symptoms of fever, headache, muscle and joint pains.

If you are concerned about LD you should speak with a health care professional who can assess your symptoms and make sure you get any tests or treatment you may need.

Picture of the classic “bull’s-eye” rash, which may vary in shape and size. Some people may not develop the rash.



How can I reduce my risk when outdoors?

- ▶ Wear light colored clothing, long sleeves, pants, and closed shoes or boots when walking outdoors in wooded or grassy areas. Tuck your pants into your socks and your shirt into your pants for added protection.
- ▶ Use insect repellent containing DEET on all uncovered skin. Follow the directions for use on the containers.
- ▶ Check clothing and body when leaving an area where ticks might live—wooded areas and tall grass, shrubs, and low trees, piled wood and stone walls, and leaf litter and shaded gardens.
- ▶ Walk in the center of cleared trails.
- ▶ Regularly check household pets for ticks.



Ticks are *tiny*—they can be smaller than a poppy seed!

How can I reduce my risk when at home?

- ▶ Keep the grass cut short.
- ▶ Remove leaf litter and weeds.
- ▶ Control rodent activity (seal stonewalls and openings into the home).
- ▶ Move wood piles and bird feeders away from the home.
- ▶ Try and keep pets out of the woods.
- ▶ Create a 3 foot wood-chip, mulch, or gravel border between your lawn and any wooded area or stonewall.
- ▶ Move swing-sets or playgrounds away from wooded areas.

Conduct full body tick checks daily—for both yourself and family pets

Create a tick-safe zone between your lawn and any wooded area.

