

August Health News

tiny Bite, HUGE Problem

About 30 years ago, *Lyme Disease* was only an issue for people who lived in New England. Today, this disease has been reported all over the United States, with over 300,000 cases diagnosed a year.

What is Lyme Disease?

Lyme disease is caused by a type of bacteria known as *Borrelia burgdorferi*, it is found in small animals like mice and deer.



How do people get Lyme Disease?

Black-legged or deer ticks feed on animals such as deer and mice which can then spread the bacteria to people through tick bites. Deer ticks are the size of a poppy seed when immature and a sesame seed when adults, so it is very hard to see it on the skin. Usually, the tick must be attached for 36 to 48 hours before the bacteria can spread. Ticks can attach to any part of the human body but are often found in hard-to-see areas such as the groin, armpits, and scalp. Adult ticks are most active during the cooler months of the year (late spring and summer).



Protect Yourself from Lyme Disease

1. Wear protective clothing such as a hat, long-sleeved shirt, and long pants tucked into socks or boots.
2. Permethrin sprayed on clothing kills ticks on contact. According to the CDC, only **DEET** is effective at repelling ticks.
3. Wear light-colored clothing because it makes the tick more easily visible before it attaches itself.
4. Use special care in handling and allowing outdoor pets inside homes because they can bring ticks into the house.
5. Educate people who work in areas with woods, bushes, leaf litter, and tall grass are at risk of becoming infected with Lyme at work.
6. Know how to check yourselves for ticks on the groin, armpits, and hair.
7. Work clothing used in risky areas should be washed in hot water and dried in a hot dryer to kill any ticks.



Tick Removal Process:

1. Remove right away, as removal within 36 hours can reduce transmission rates.
2. Pull the tick out with tweezers as close to the skin as possible
3. Avoid crushing the body of the tick or removing the head from the tick's body.

SEEK MEDICAL ATTENTION...

If you are bitten by a tick in a high-risk area for Lyme disease or if the tick was attached to you for an extended period of time because antibiotics may be necessary.

Removing a Tick

