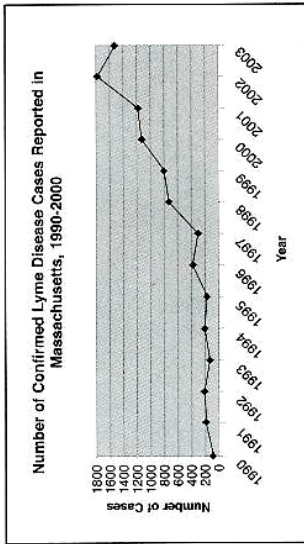






You Can Protect Yourself From Lyme Disease



Lyme disease is carried by the deer tick, which is very small. These ticks feed on mice as well as deer. May and June are the worst months for Lyme disease, but you can get it even in winter.

Deer Tick

Larvae	Nymph	Female (adult)
		
	Male (adult)	
		

There are things you can do to help prevent Lyme disease:

- Limit your time in brushy or wooded areas where ticks usually live. Stick to main pathways or the center of trails when hiking.
- Wear long-sleeved light colored shirts and long pants tucked into socks. This helps keep ticks off you and makes it easier to spot them.
- For your skin, you can use a tick repellent with no more than 30% DEET (10% for children). Sprays with permethrin can be used on clothing.

CHECK FOR TICKS DAILY

Since it usually takes at least 24 hours for you to become infected after a tick bites you, **the single most important thing you can do is check yourself for ticks once a day.** Ticks are small, but you can see them (look for new freckles) and also feel them. You can do this easily while you are taking a bath or shower. (See shower card and tick feel card). Favorite tick places are armpits, hairline, groin, legs, thighs or in and behind the ears. Ticks are easier to find than you might think. Don't forget to check children and pets too.

WHAT TO DO WHEN YOU FIND A TICK

The best thing to do is pull the tick straight off with a pair of tweezers. Grab the tick with the tweezers as close to the skin as you can. Do not use alcohol or a hot match to remove the tick.

Next, tape the tick to a card (see handy Tick Dock cards). Write the date and who was bitten. If you lose the tick you can circle the picture on the card that looks most like the tick you found. Depending on your medical history your doctor may recommend treatment for a tick bite.

LYME DISEASE SYMPTOMS

If you are aware of Lyme disease symptoms, you are less likely to miss them. Most people will have a rash where the tick bit them. Sometimes the rash looks like a "bull's eye" or donut-shaped rash. One way to tell a Lyme rash from other rashes is that it gets bigger. People with Lyme disease may have severe flu-like symptoms that are really bad, swollen joints or facial paralysis.

LYME DISEASE CAN BE TREATED

Call your doctor. Antibiotics are usually enough to treat Lyme disease, especially if you begin treatment early. Do not try to treat yourself with other antibiotics you may have. You need specific antibiotics to treat Lyme disease successfully.

TICK BITE PROPHYLAXIS

In some instances your doctor may prescribe a single dose of doxycycline if you have been bitten by a deer tick that is partially engorged with blood.

YOU CAN MAKE YOUR YARD SAFER

You don't have to be walking in the woods to be bitten by a tick. You can be in your own backyard! You can reduce the number of ticks around your backyard.

- Keep grass cut short
- Remove leaf litter and brush
- Prune low lying bushes to let in more sunlight
- Use plants around your home that do not attract deer
- Use deer fencing
- Keep woodpiles off the ground and away from your home
- Keep the plants around stone walls cut short

If you use a pesticide on your property, hire a licensed applicator experienced with tick control. In general, good tick control can be achieved with no more than two pesticide applications in any year. When selecting an applicator, be sure they provide:

- A written pest control plan that includes information on the pesticide to be used
- Information about non-chemical pest control alternatives
- Assurances that the equipment to be used is safe and up-to-date
- Signs to be posted around the property after the application
- References from past customers

Products designed to kill ticks found on the mice and deer around your yard are currently being evaluated by researchers. They may be available soon through licensed pesticide applicators.

SELECT 2 TO PREVENT LYME DISEASE

- Check for ticks daily
- Avoid tick areas
- Wear protective clothing
- Use tick repellent
- Make your yard safer

LYME DISEASE PREVENTION TEAM

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Rheumatology, Immunology & Allergy
75 Francis Street, PBB B-3
Boston, MA 02115
Phone: (617) 732-5083
Contact: Nancy Maher

Centers for Disease Control (CDC)
www.cdc.gov

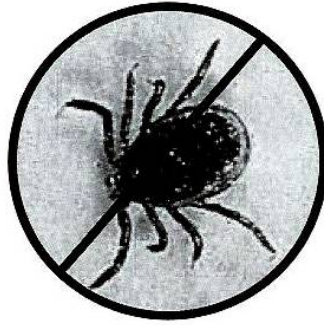
Arthritis Foundation (AF)
www.arthritis.org

Funded through the Centers for Disease Control and Prevention (CDC)

PLACE
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Lyme Disease Prevention Begins With You

HERE'S HOW. . .



BRIGHAM AND WOMEN'S HOSPITAL (BWH)
LYME DISEASE PREVENTION TEAM
CENTERS FOR DISEASE CONTROL (CDC)
ARTHRITIS FOUNDATION (AF)

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