



## Lyme Disease Prevention Program

Follow the **B. L. A. S. T.** steps to keep you & your family safe!

**Bathe or shower soon after being outdoors**

**Look for ticks and remove them with tweezers**

**Apply repellent for skin and/or clothing**

**Spray the perimeter of your yard for ticks**

**Treat your pets as recommended**

### Classic Bull's Eye (EM) Rash

May appear 1 to 6 weeks after the bite.

Only 40%-50% of people with Lyme disease develop the rash.

***If you have the rash — you have Lyme Disease!***



## Proper Tick Removal

- ◆ Remove the tick as quickly as possible
- ◆ Wear gloves
- ◆ Use fine-tipped tweezers to grasp the tick as close to the skin as possible
- ◆ Pull upward with steady, even pressure
- ◆ Place the tick in a sturdy sealed container for later analysis
- ◆ Thoroughly clean the bite area & *Wash Your Hands Well*
- ◆ Never crush a tick with your fingers
- ◆ Call your doctor for prompt treatment for a known tick-bite
- ◆ Don't use nail polish remover, heat or petroleum jelly to make the tick detach from the skin.



### AFTER TICK REMOVAL WATCH FOR ANY OF THE FOLLOWING SYMPTOMS

- ◆ Flu-like Symptoms - Aches, fever, headache etc.
- ◆ Skin - Enlarging rash that is reddish on light skin and bruised looking on dark skin
  - Only 40-50% of those with the infection get a rash and some will have multiple rashes
- ◆ Joints—Swelling or pain
- ◆ Brain - Bell's Palsy (facial paralysis), radiating nerve pain, sensations, severe headache, stiff neck, memory problems and cognitive or behavioral changes
- ◆ Heart - Heart block and/or irregular beats
- ◆ Eye - Conjunctivitis, vision problems and inflammation

# LYME DISEASE



[www.VALDCT.org](http://www.VALDCT.org)  
[www.townofwindsorct.com/health](http://www.townofwindsorct.com/health)

VOICES AGAINST



LYME DISEASE CT



# LYME DISEASE

Lyme disease, which is transmitted by the bite from a “deer tick”, is the most commonly reported vector borne illness in the United States with the Northeast and upper Midwest having the most cases. Ticks also carry other bacteria and viruses that can cause diseases:

- Babesiosis
- Ehrlichiosis
- Powassan disease
- Rocky Mountain spotted fever
- Anaplasmosis
- Tularemia

- ◆ Not all ticks carry these diseases but the number of deer ticks testing positive for Lyme disease and other infections has greatly increased over the past 25 years
- ◆ It is becoming more common that people are being infected with more than one of these diseases at the same time. These are considered co-infections
- ◆ Co-infected people have more severe symptoms for a longer duration than those infected with one single disease.
- ◆ The American dog ticks, common in Connecticut, do not carry the Lyme disease bacteria

For more information contact:

Voices Against Lyme Disease CT  
[www.VALDCT.org](http://www.VALDCT.org)  
 (860) 930-2446

The Windsor Health Department  
[health@townofwindsorct.com](mailto:health@townofwindsorct.com)  
[www.townofwindsorct.com/health](http://www.townofwindsorct.com/health)  
 (860) 285-1823 or 1824

CT Department of Public Health  
[www.ct.gov/dph](http://www.ct.gov/dph)

# PREVENTION IS KEY!

## Protecting Yourself

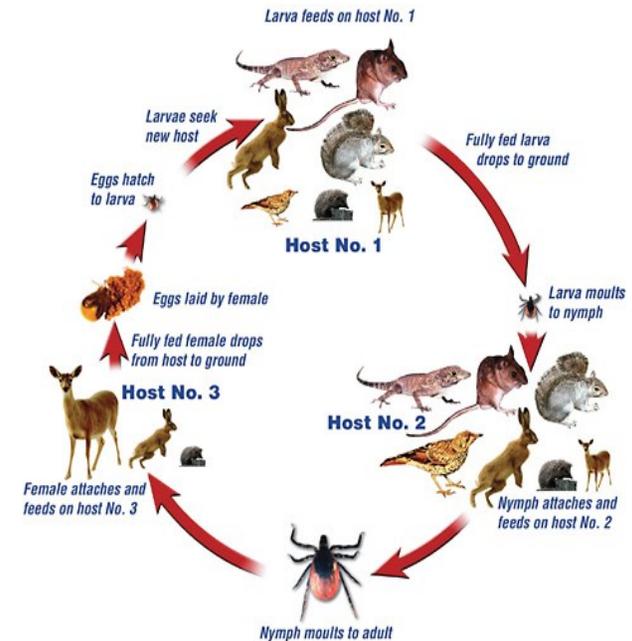
- ◆ Wear light colored clothing so you can see ticks
- ◆ Tuck your shirt into your pants & tuck your pants into your socks so ticks crawl on the *outside* of your clothes
- ◆ Use bug repellents *as directed* and wash the product off once back inside
- ◆ Avoid tick-infested areas and stay on paths
- ◆ Conduct tick checks daily looking for unusual spots and feeling all over your skin for new bumps
- ◆ The best tick check is done in private naked

## Protecting Your Property

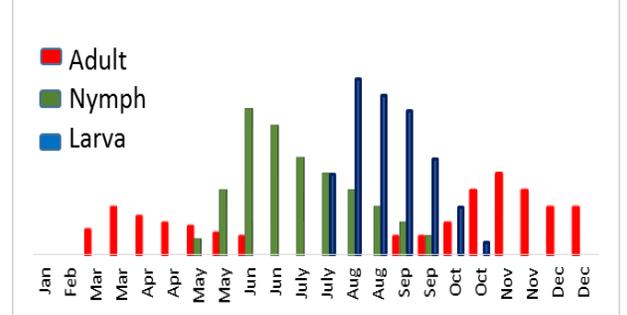
- ◆ Keep grass low to reduce moisture needed for tick's survival
- ◆ Cut brush back further from your yard, thereby moving tick habitat further from your home
- ◆ Move bird feeders and woodpiles away from your house since these may attract animals that are hosts to ticks
- ◆ Do not take in stray animals
- ◆ Use tick-killing chemicals on your property and remember to follow instructions carefully



# LIFE CYCLE AND ACTIVITY OF THE DEER TICK



The Deer Tick has a two year life cycle, as shown above, and are active for almost 10 months out of the year as noted in the chart below.



Seasonal activity of adults, nymphs and larva *I. scapularis* or “deer tick”