

## LYME DISEASE

# A Growing Public Health Threat

Lyme disease is transmitted to humans and pets by a bite of the tiny deer tick that has become infected during the larva and nymph phases by feeding on small mammals and birds which harbor the Lyme bacterium. Later in their development, the infected nymphs and adults transfer the Lyme bacteria to animals during feeding. The rising number of deer and other small wildlife in New London County is linked to increasing numbers of ticks and Lyme disease cases.



An adult deer tick.

**Be alert for early symptoms of Lyme disease: a large expanding rash or flu-like symptoms. Seek medical attention.**

### 6. Correct Tick Removal

- Remove ticks promptly. Use thin tipped tweezers or forceps and grasp where mouth parts enter skin. Pull upward in a slow, steady motion. Do not squeeze tick or use other methods of removal. Clean bite area with an antiseptic or soap and water.
- Remove and check clothing for ticks. Place clothing in a dryer, on high, for 20 minutes to kill unseen ticks.

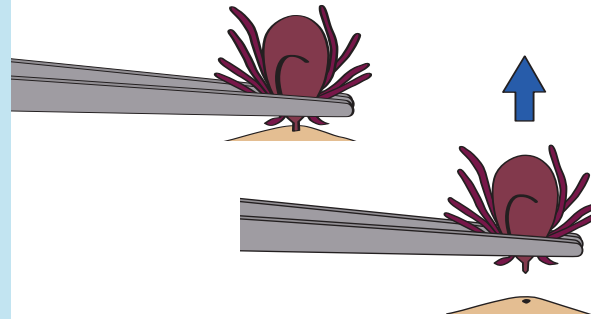


Image courtesy of CDC, Division of Viral and Rickettsial Diseases.

### Join the Lyme Disease Prevention Effort

The success of the Lyme Disease Prevention Program depends on participation of residents of East Lyme, Groton, Ledyard, New London, Waterford and surrounding communities. For more information please contact the Ledge Light Health District.



## Ledge Light Health District

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# Protect yourself from Lyme Disease

## PERSONAL PROTECTION



### Community Lyme Disease Prevention Project Ledge Light Health District

Funded by the CT Department of Public Health and  
the Centers for Disease Control and Prevention



# Personal Protection from Lyme Disease

There are six basic strategies to prevent personal tick exposure and Lyme disease.

## 1. Know where ticks live and avoid these habitats

Deer ticks can dry out when exposed to direct sunlight for extended periods of time. This forces ticks to live in shaded, sheltered areas. Avoid the following areas from April to October:

- Edges of yards, woods, roads, and trails
- Leaf litter and shaded gardens



- Weeds, tall grass, shrubs, and low trees, ornamental ground cover – Pachysandra
- Under decks and along foundations
- Piled wood and stone walls

## 2. Dress properly when entering areas which may be tick habitats.

- Wear long pants that are a light color to easily spot ticks.
- Tuck pant legs into socks and shirt into pants.
- Tape pant legs and wear long shirt sleeves when working near ground.
- Cover hair with a hat and contain long hair, especially while gardening.

## 3. Conduct tick checks and launder clothing after leaving ANY suspect tick habitat (especially children's clothing).

- Conduct daily inspections of the whole body, including hairline, waist, under-arms, groin and back of knees.

## 4. Use DEET insect repellents and registered permethrin products to further reduce tick exposure.

- Check product labels for EPA registration numbers. Read the entire label, and apply according to time, conditions, purpose, and amount listed.
- Adults: Use DEET (diethyl-meta-toluamide) in concentrations of 30-40% on clothing or exposed skin, but never use under clothing.
- Do not use DEET on children's skin as a tick control. Concentrations higher than 10% are unsafe for application to a child's skin, and this level of DEET has a minimal effect on ticks.
- Apply DEET outdoors and avoid application to eyes, nose, mouth, and damaged or irritated skin.
- Wash treated area after use, especially when repeatedly used in a day or on consecutive days.
- Permethrin products are for clothing applications only. Immediately wash any skin exposed to such products.
  - Treat clothing outdoors. Apply a thin layer of Permethrin to the outer surface of pant cuffs, sleeve cuffs, and boots.

- Let clothes dry before wearing. Treatments last 3-4 washings and treated clothing should be laundered separate from untreated clothing.
- If a rash or reaction develops, wash effected area, remove treated clothing, and contact your Doctor or Poison Control Center at: (1-800-343-2722).

## 5. Check pets daily for ticks, and use veterinarian recommended tick-control products when pets have daily exposure to ticks.

- Give pets daily tick checks, especially between toes, ears, around eyes, and skin folds.
- Reduce or eliminate sleeping with pets because unfed ticks can crawl off pets and become attached to you.
- A Lyme disease vaccine is available for dogs, but not cats, and can be obtained through your local veterinarian.
- Non-organophosphate "spot-ons" (Frontline® and Advantage®) and insect growth regulators are recommended tick control for pets. Be sure to consult your veterinarian and carefully follow labels.

