



LIME DISEASE –DON'T GET TICKED



We all spend time outdoors, so we all are at some risk of coming into contact with the deer ticks that carry Lyme Disease. Here are some tips to share with you for lowering the risk of contracting this potentially debilitating disease.

Lyme Disease lives in squirrels, mice, and other small mammals and is passed to humans through black-legged ticks, more commonly known as deer ticks. Outdoor workers are most at risk, but so are employees who work and play in the great outdoors during their off hours. Here are some tips to avoid exposure to ticks and how to recognize Lyme Disease symptoms, and when to get treatment.

AVOID EXPOSURE WHENEVER YOU GO OUTSIDE:

- Wear a hat, light-colored clothing, long-sleeved shirts and long pants tucked into shoes or socks.
- Use insect repellents containing 20% to 30% DEET on your skin or clothing, or reapply repellents as needed.
- Use insecticides such as Permethrin for greater protection. Permethrin **can be used on clothing** but **not on skin**.
- Check your clothes and skin every day for ticks
- Remove ticks from your body using fine-tipped tweezers.
- Grasp the tick firmly and as close to your skin as possible
- Pull the tick's body away from your skin with a steady motion.
- Clean the area with soap and water
- Wash and dry clothes in a hot dryer to kill ticks.
- Learn the symptoms of Lyme Disease.

SYMPTOMS OF LYME DISEASE:

- Expanding circular rash that may look like a red bulls-eye at the site of the tick bite.
- Fever
- Joint and Muscle Pains
- Headache
- Chills
- Fatigue
- Sleep disturbance
- Swollen Lymph Nodes

IF YOU HAVE THESE SYMPTOMS, SEEK MEDICAL ATTENTION PROMPTLY. Most cases can be cured with antibiotics if treatment is begun early.