

Lyme Disease Prevention

Talking about Ticks

With warmer temperatures come ticks... and with ticks come a bacterial infection known as **Lyme disease**. Blacklegged (or deer) ticks transmit Lyme disease to humans through their bite, leading to fever, headache, muscle or joint pain, fatigue, and rash. Left untreated, an infection can spread to the heart and nervous system.

Approximately **476,000** Americans are diagnosed and treated for Lyme disease each year. If you experience symptoms, contact your family doctor right away, as most people fully recover when diagnosed early and treated with antibiotics. However, your **best defense** against Lyme disease is to **reduce your exposure** to ticks and tick bites.

PREVENT TICK BITES

The best way to prevent tick bites is to take the right precautions before going outdoors and immediately upon coming inside.



Wear light-colored clothing so ticks are easier to spot.



Avoid tall grass, weeds and heavily wooded areas.



Wear long pants tucked into socks and closed-toed shoes.



Check your clothing and gear for ticks upon coming indoors.



Use EPA-approved insect repellent with DEET to help repel ticks.



Shower within two hours from coming indoors and spot check your body for ticks - use a mirror if necessary.

Call your doctor if you develop a rash or feel like you have the flu, especially if you have been exposed to ticks.

SOURCES: Centers for Disease Control & Prevention, Healthline, Johns Hopkins Medicine