

THE WEATHER IS HOT AND THE TICKS ARE STILL LOOKING FOR A TASTY MEAL!!! THAT MEANS YOU!!!!

Just a reminder that ticks are very much a danger for you this summer, and you need to be careful to avoid LYME DISEASE

LYME DISEASE is a bacteria infection.

In general, per information from the Allegheny Department of Health & Human Services, ticks need to be attached for 36 to 48 hours before they can transmit Lyme disease. Most people are infected through bites of immature ticks, or Nymphs. Nymphs are very tiny and difficult to see.

Signs of early Lyme disease:

- Skin rash
- Fatigue
- Chills and fever
- Headache
- Muscle and joint pain
- Swollen lymph nodes

DIAGNOSIS: by your health provider

- History of exposure
- Signs and symptoms
- Blood test

TREATMENT:

You should be treated with an antibiotic early, and most patients can recover completely.

PREVENTION:

- Use an EPA approved repellent that contains DEET **follow directions!**
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under armpits, behind knees, in hair and in the groin area.
- Tumble clothing in a dryer on high heat for 10 minutes to kill ticks on dry clothing after coming in from outdoors. If clothing is damp, dry it completely, then dry for 10 minutes on high heat.

[Information obtained from various articles]

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