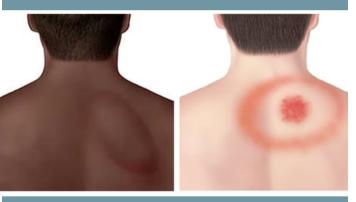
## LYME DISEASE

# Early signs and symptoms (3 to 30 days after tick bite)

- Fever
- Chills
- Headache
- Fatigue
- Muscle and joint aches
- Swollen lymph nodes may occur in the absence of rash

# **Seek medical attention** if you observe any of these symptoms and have recently had a tick bite.



The primary symptom is a red rash that:

- Can appear several days after infection, or not at all
- Can be very small or grow very large
- Target or "bulls-eye"
   appearance
- Can mimic other skin problems
- Rarely itchy or painful
- Can disappear and return several weeks later



Ways to prevent ticks in your yard

Here are the key points to remove ticks from your yard:

- Clear tall grass and brush
  regularly
- Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas
- Stack wood neatly to deter rodents
- Keep play equipment away from yard edges
- Construct fences to deter
   animals
- Remove leaf litter or trash that may harbor ticks



## TICK SAFETY & LYME DISEASE



## LYME DISEASE

IN SUMMER 2023, LYME DISEASE WAS THE 2ND MOST COMMON REPORTABLE DISEASE IN THE MIDDLESEX-ESSEX REGION.

## What is Lyme Disease?

Lyme disease is a bacterial infection spread to people through the bite of blacklegged ticks.



## **5 TIPS FOR TICK SAFETY**

#### Know where to expect ticks

Ticks live in grassy, brushy, or wooded areas, or even on animals. Walk in the center of the trail whenever possible.

### **Tuck your clothing**

Wear long sleeves, pants, and boots. Tuck your shirt into your pants and pants into socks to cover gaps where ticks can get in.

#### Use EPA-registered bug spray

Containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), paramenthane-diol (PMD), or 2undecanone. Always follow product instructions.

## **Check for ticks**

Any ticks that are found should be removed without squeezing them. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.

#### Shower after being outdoors

Showering within 2 hours of coming indoors has been shown to reduce your risk of getting Lyme disease.



Information sourced from Centers for Disease Control and Prevention and US Environmental Protection Agency