

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 "bull's-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



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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.



Where to check for 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), para-menthane-diol (PMD), or 2-undecanone. 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.

In and around
THE HAIR

In and around
THE EARS

Inside the
BELLY BUTTON

Back of
THE KNEES

Under
THE ARMS

Around
THE WAIST

Between
THE LEGS

Don't forget to also
check your pets!



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