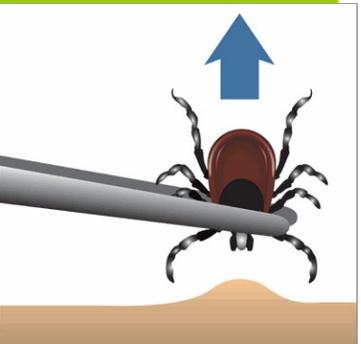


Treatment for Tick Bites



After you have been in deer tick environment, carefully look for the ticks and their nymphs. To remove a tick that is attached:

1. Grasp the head of the tick with tweezers as close to your skin as possible.
2. Avoid squeezing the abdomen of the tick so you do not squeeze infected fluids into or around the bite.
3. Pull up and out with steady pressure to separate the tick from your skin. Discard the tick without touching it to your bare hands or skin.
4. Disinfect the bite with rubbing alcohol and wash your hands.



Other Tick Borne Diseases

Deer ticks have been found to carry other diseases including: Anaplasmosis, Ehrlichiosis, Babesiosis, and Bartonella. Many times more than one “co-infection” with one of these diseases can occur with lyme disease from the same bite. If you have health concerns following a possible exposure to lyme disease contact your health care provider.

Resources

For More Information

- www.cdc.gov/lyme/
- <http://www.dhs.wisconsin.gov/communicable/Tickborne/Lyme/Index.htm>

Scan this code with your smart phone to direct you to the Wisconsin Department of Health website on lyme disease.



Dunn County Health Department

3001 US Hwy 12 E, Suite 032
Menomonie, WI 54751
715-232-2388

Dunn County Health Department



LYME

Information, Prevention & Care

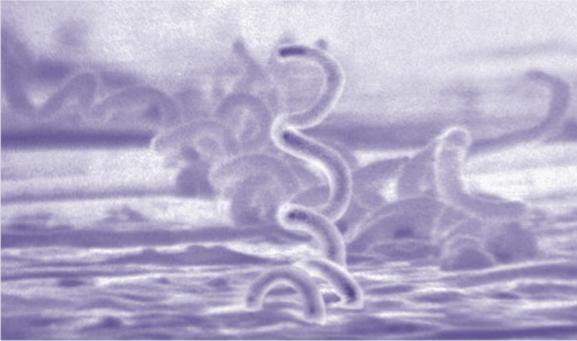
Environmental Health

3001 US Hwy 12 E, Suite 032
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Lyme Disease

Lyme disease is caused by a spiral shaped bacteria called *Borrelia burgdorferi*. It is transmitted to mammals by the deer tick when it feeds from their blood. Lyme disease can affect the skin, nervous system, heart, and/or joints of anyone infected.



Deer Ticks



Bite Prevention

Exposure to Lyme Disease can lead to long-term health effects if the disease is not treated early or the infection is not totally eliminated. At this time there are no effective vaccinations against Lyme disease. Western Wisconsin is one of the areas of highest Lyme disease concentration in the nation. For these reasons it is very important to do as much as possible to prevent ticks from attaching and/or staying attached for more than a few hours.

BARRIER One way to prevent tick bites is to wear long pants and long-sleeved shirts when ever possible. Tucking the bottom of your pant legs into your socks also helps keep the ticks from crawling up pant legs. Light colored clothing also makes ticks easier to find.

REPELLENTS Another form of prevention is applying repellents with 20-30% DEET or 0.5% permethrin. Check labels for safe application with children.

SHOWER Check your body for ticks after going outside. Shower and scrub with brush in hot water. Repeat tick checks before going to bed.

PETS Using repellents on your pets also helps prevent bites on you because the pets are less likely to bring ticks into your home.



Deer Ticks get the Lyme Disease bacteria when they feed off the blood of small rodents like mice or voles. When the ticks then feed off larger mammals, like deer or humans, they pass on the disease. Ticks can infect you at both the nymph and adult stage in their development but research shows that nymphs are more likely to carry the Lyme bacteria. Nymphs are also so hard to see, at the size of a poppy seed, that this makes them a greater threat. Both adults and nymphs will stay attached from several hours to several days but rarely pass on Lyme disease within the first 16-24 hours after they attach.

Symptoms of Lyme Disease

Symptoms of Lyme Disease usually begin to appear within a month of exposure. The first sign is often, but not always, a **rash** around or near the site of the bite that looks like a bulls eye and expands over a period of days or weeks. The rash can be accompanied by **fever, headache, fatigue, stiff neck, muscle and/or joint pain**. If you have any of these symptoms you should see your health care provider. Antibiotics can effectively treat Lyme disease if treated early. If left untreated, complications could include meningitis, facial paralysis, arthritis, numbness, or heart abnormalities. Arthritic, heart and neurologic complications may take weeks or months to appear.



Lyme Rash (erythema migrans)