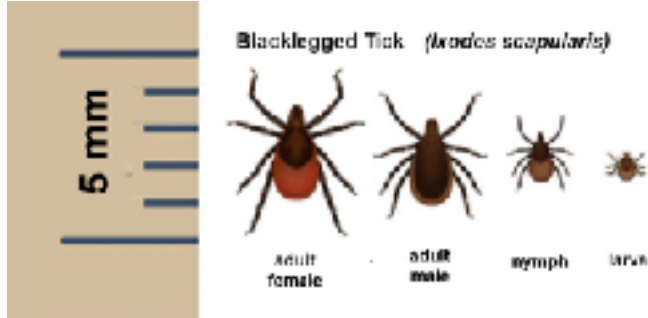


Prevent Tick Bites this Summer



We all have heard about Lyme disease transmitted by ticks but did you know there are other diseases carried by ticks? Black legged ticks can also carry anaplasmosis, babesiosis, and Powassan disease. The typical bullseye rash with Lyme disease may or may not be present, along with fever, chills, and generalized flu like symptoms. Anaplasmosis and babesiosis also present with fever, chills, and possible nausea and vomiting. Powassan disease is less common however symptoms often mimic meningitis, including fever, headache, vomiting, seizures or difficulties with movement. The lesson is this: If you have been bitten by a tick and have these symptoms within 3-30 days see your doctor and tell them when you were bitten.

Protect yourself from tick bites by following these safety tips:

- Avoid high grass and brush
- Stay in the middle of the trail when hiking
- Wear long sleeves and long pants in light colors so ticks will be visible on clothing.
- Use insect repellent containing 20-30% DEET on exposed skin and clothing
- Apply Permethrin to clothing, boots, socks, and other gear.
- Check your body for ticks, be sure to check the kids, pets and gear too.
- The CDC recommends drying clothing in the dryer on high heat for 1 hour to kill ticks.
- Keep the lawn mowed and cleared of heavy brush to decrease the tick population in your yard.

**Contact Visiting Nurses of the Lower Valley
for more information. 860-767-0186**