

Call your doctor if you think you have Lyme Disease

•Bull's eye rash



Some people never get a rash. The rash will disappear even without medicine.

•Sore, swollen joints



•Bell's Palsy



Bell's palsy is a partial facial paralysis

•Bad headaches or stiff neck



Left to right: larva, nymph, male and female



Protect Yourself Against Lyme Disease in Spring, Summer, and Fall



Volume 5

Newtown Wellness

Lyme Disease Prevention

TOTAL WELLNESS is supported by:

- ✓ Health & Safety Policies
- ✓ Health Education
- ✓ Physical Education
- ✓ Nutrition Services
- ✓ Health Services
- ✓ Counseling, Psychological & Social Services
- ✓ School Nurses
- ✓ Family & community

Newtown Public Schools Wellness Committee
2010

REFERENCES

Connecticut Agricultural Experiment Station <http://www.ct.gov/caes>
Centers for Disease Control Lyme Info <http://www.cdc.gov/ncidod/dvbid/lyme>
CT Department of Public Health Lyme Info <http://ct.gov/dph>

What is Lyme Disease?

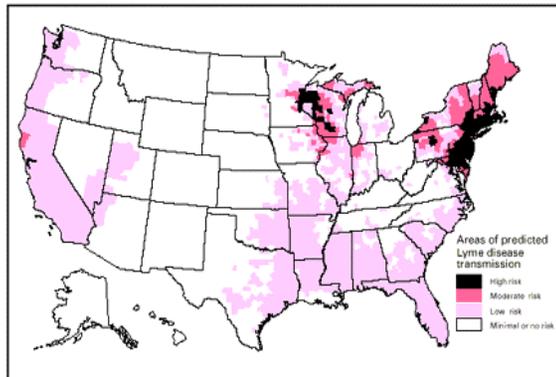
An illness caused by bacteria that are spread by deer ticks



Blacklegged tick is the correct common name for the tick popularly known as the “deer” tick.

Lyme Disease is the most common vector-borne disease in the United States today, and Connecticut has one of the highest case rates in the nation.

National Lyme disease risk map with four categories of risk



Note: This map demonstrates an approximate distribution of predicted Lyme disease risk in the United States. The true relative risk in any given county compared with other counties might differ from that shown here and might change from year to year. Risk categories are defined in the accompanying text. Information on risk distribution within states and counties is best obtained from state and local public health authorities.

Personal Protection – what can you do?

To Protect Yourself and Your Family...

Know where ticks live and avoid those areas:

Ticks don't like sunny, dry areas; they like shade, shelter and moisture. Areas to avoid are edges of yards, woods, roads and trails. Ticks can be found in leaf litter, shaded gardens, weeds, tall grass, shrubs, low trees, and ground cover like pachysandra.

Dress properly when entering areas that may be tick-infested:

Wear long pants that are light-colored to allow easy identification of ticks. Tuck your pant legs into socks and shirt into pants. Tape pant legs and wear long sleeves when working near the ground. Cover hair with a hat. Tie long hair back.

Use insect repellents:

DEET and Permethrin have been found to be effective as personal tick repellents. It is imperative that the product label instructions be followed carefully.



Conduct tick checks daily (and even twice, three times a day when necessary):

Check the entire body for ticks, including the hairline, waist, armpits, groin and back of knees. Use full length and hand-held mirrors and a magnifying glass to make sure all areas of the body are checked. Family members should help check each other, especially the scalp. ALSO, check your pets daily.

Remove ticks promptly and properly:

A tick poses less risk if it is found early and unattached.

If a tick is attached, remove it using thin-tipped tweezers, grasping it where the mouthparts enter the skin. Do not squeeze the tick or use other methods of removal (do not use petroleum jelly, a match, chemicals).

Clean the bite area with soap and water or an antiseptic.

