

## Avella Eagle Health

### Lyme Disease

For most, spring and summer are highly anticipated times of year. With the warmer weather, more time is spent enjoying the outdoors. Unfortunately, spring through fall are also seasons when we need to be cautious about tick bites and Lyme Disease.

#### Tick Bite Prevention

Avoid tall grasses and wooded areas

Apply Permethrin or Deet on socks and edges of shorts/shirt rather than directly on the skin

Check your clothing and body for ticks. Be sure to check the underarms, ears, belly button, between the legs, hairline, back of knees and waist!

Avoid spending time outside at dusk and dawn because ticks bite most during these hours

Shower as soon as possible after being outdoors

If you find a tick attached to your skin, remove it immediately!



Before and after removing the tick, clean the area and your hands with rubbing alcohol or soap and water

Use a pair of fine-tipped tweezers and grasp the tick as close to the skin as possible

Pull upward with steady pressure. Be careful not to twist the tick because this could cause the tick's mouth parts to break off

After removal, I always recommend placing the tick in a sealed bag or container and contacting your doctor for any further instructions

### Steps to Take After a Tick Bite

It takes about 72 hours after the tick bite for transmission of Lyme Disease and a minimum of 5–7 days for symptoms to begin

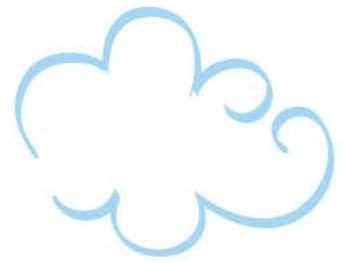
For the next month, watch for onset of fever, any rashes, muscle and joint pain or any other flu-like symptoms

Rash is typically described as a “bull’s eye,” but may take on other forms, as well

If symptoms occur, contact your doctor

Deer ticks transmit Lyme Disease.

Tick activity/migration occurs when temperatures are greater than 40 degrees F.



Most cases of Lyme Disease in our area occur in June and July.

There has been a dramatic increase in Lyme Disease in western Pennsylvania!

Remember Lyme Disease can be a school-age disease!!

