THE SOONER THE BETTER!

When treated within 72 hours of exposure, the risk of contracting Lyme disease reduces significantly. Err on the side of caution.

Transmission times for tick-borne diseases vary. The sooner a tick is removed, the lower the risk of infection.

I'VE BEEN BITTEN! / I FEEL UNWELL!

Best practice is to seek medical attention immediately. Lyme disease is hard to diagnose, and can mimic other illnesses. There are a few things that can help your doctor make a diagnosis. A blood test can confirm exposure to the bacteria. But diagnosis and treatment require complete information.
Ask yourself:

- ☑ Was I bitten? What kind of tick is it? Is there a rash?
- ☑ Am I/Was I in a high-tick population area?
- ☑ Is Lyme, or are other contagions, present in the population?
- ☑ Do I feel sick? Is it a cold, or is it something else? Do I have a fever?

KEEP YOUR EYE ON BITES

Monitor the bite for 30 days. If you develop a rash or flu-like symptoms, contact your health-care provider.

When diagnosed early, Lyme disease can be cured with antibiotics in most patients. If left untreated, it can result in serious health problems. Rarely do people experience more severe and lasting reactions to the infection.



Always check for ticks after spending time outdoors. If you have been bitten, remove the tick and make a note of where you were and when. When did you remove the embedded tick?

INFORMATION PROVIDED BY:

New York State Department of Health
State University of New York
Centers for Disease Control and Prevention (CDC)

HOW DO I REMOVE A TICK?

The right way to remove a tick is the safe way. Don't burn, smother, or agitate it.

- Use fine point tweezers or a tick tool.
- Grasp the base of the head, as close to the skin as possible.
- Gently pull up until the whole tick detaches (**Don't crush it!**).
- Use rubbing alcohol to clean the bite and/or kill the tick.

CITIZEN TESTING

Using the form (and instructions) on the reverse, send the tick to be tested to:

Thangamani Lab
4209 Institute for Human Performance
505 Irving Avenue
SUNY Center for Environmental Health and Medicine
SUNY Upstate Medical University
Syracuse, NY 13210

FOR MORE INFORMATION,PLEASE CONTACT:



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#612 8/2019

SAFEGUARD YOUR HEALTH

KNOW THE FACTS ABOUT LYME DISEASE



AND OTHER TICK-BORNE ILLNESSES

FROM SENATOR
PATRICK M. GALLIVAN
59TH SENATE DISTRICT

NEW YORK STATE SENATE

Lyme disease is the most commonly reported vector-borne illness in the U.S. Approximately 30,000 cases are reported annually. From 2013 to 2016, one quarter were in New York State. It is treatable and curable in most instances.

WHAT IS LYME DISEASE?

Lyme disease is a bacterial infection transmitted by the blacklegged tick. Lyme disease can affect the skin, joints, nervous system and/or heart. It is one of 16 tick-borne pathogens the Centers for Disease Control and Prevention is tracking in the U.S.; six appear in New York.

Many diseases are regionally isolated; others are carried by certain ticks, and appear at certain elevations. Many of these diseases produce symptoms similar to Lyme disease. Some can be fatal to vulnerable populations, or in very rare circumstances.



The Blacklegged tick (Deer tick) is the transmitter of Lyme disease in New York State.

HOW IS LYME DISEASE SPREAD?

- The bacteria Borrelia burgdorferi causes Lyme disease.
- The bacteria is transmitted from an infected animal to humans through the bite and saliva of the blacklegged tick.
- The blacklegged tick can spread it throughout its lifecycle.
- The tick's lifecycle averages two years.



The American Dog tick may carry Rocky Mountain Spotted Fever (RMSF). Fewer than 50 cases are reported annually in New York State. RMSF is a serious illness and can be fatal.



The Lone Star tick is a southern species recently detected in parts of New York. Females have a white spot on their back. It can spread diseases similar to Lyme disease, such as Southern Tick-Associated Rash Illness (STARI) or Ehrlichiosis.

IS THERE A TICK SEASON?

Most tick encounters occur from April through November. However, ticks are active in temperatures above freezing. As the climate changes, the geographic range of ticks, and the reach of diseases they carry, expands. This has attracted researchers to New York State.



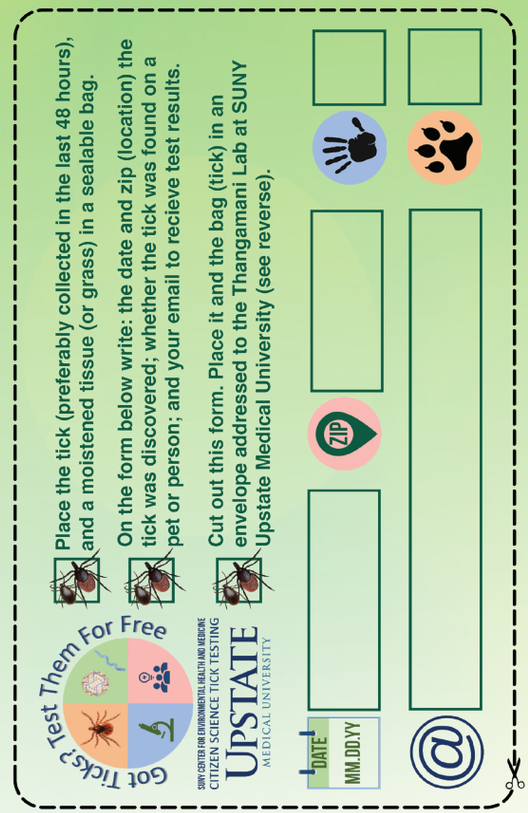
Awareness and limiting exposure remain the most effective ways of combatting transmission of the disease.

TICK HABITAT

Ticks prefer wooded areas and adjacent grasslands. They also inhabit lawns and gardens where they meet the wood's edge. Ticks feed on wild animals such as mice, deer, and birds. These hosts transport ticks and the bacteria that causes Lyme disease.



Currently, the northernmost spread of vector-borne illnesses, and the range of some tick species, extends from Albany to Buffalo. As temperatures increase, the range of the Lonestar tick and illnesses like STARI extend north.



HOW CAN I PREVENT TICKS FROM BITING?

Ticks do not jump or fly. They perch on vegetation and grab animals upon contact. Here are some steps you can take to reduce your risk:

- Stay on the center of trails and paths.
- Wear long pants and long-sleeved shirts; tuck the legs into your socks or boots.
- Wear light colored and tightly woven clothing. This makes it easier to see ticks.
- Repellents are effective against ticks (picardin, IR3535, DEET); other compounds (permethrin) can be applied to clothing. Always follow product instructions.
- Check yourself, your children, and pets at least once per day for ticks. Mind the backs of knees, behind the ears, the scalp, armpits and back.
- **For a plant-based alternative, try Oil of Lemon Eucalyptus (OLE).**

SOMETIMES TICKS COME TO YOU



Pet fur is a tick magnet, bringing ticks into your home. Pets can be vaccinated against Lyme disease. Owners cannot. Consult with your veterinarian about protecting your pets. It will also protect you.

CITIZEN SCIENCE TICK TESTING (FREE)

The Thangamani Lab at SUNY Upstate Medical Center is currently monitoring tick-borne diseases in New York. The lab is accepting ticks via mail, and conducting free testing. Results will be shared with participants via email. Additional information at thangamani-lab.com.

IMPORTANT!

The tests are for research purposes only. Results do not mean that you are infected, only that you may have been exposed to the bacteria causing Lyme.

