



# Stay Safe from Lyme Disease this Summer



## What is Lyme disease?

Lyme disease is caused by a bacterium transmitted to humans through the bite of an infected blacklegged tick (also known as a deer tick).

The first symptom is usually a red rash, which is commonly associated with a bull's eye, however not all people infected have the rash.

**LYME DISEASE QUICK FACTS**

**NO RELIABLE TEST** There is no reliable test to diagnose Lyme disease. The average patient sees 5 doctors over nearly 2 years before being properly diagnosed.

- 50%** Fewer than 50% of patients with Lyme disease remember a tick bite.
- 50%** Fewer than 50% of patients with Lyme disease recall any rash.
- 35%** The common Elisa test you receive at your doctor's office misses 35%-50% of culture proven Lyme disease.

**300,000** CDC reports: Lyme disease infects 300,000 people a year. 10 times more Americans than previously reported.

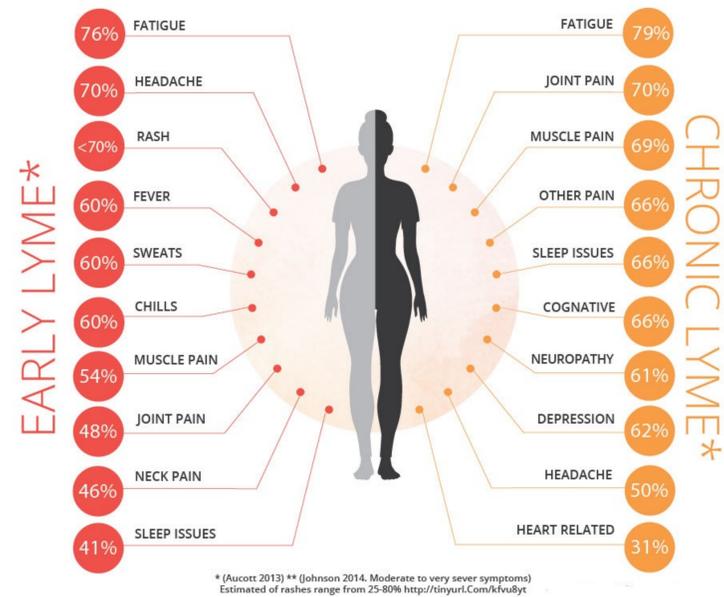
**5,770 CASES PER WEEK**

**822 CASES PER DAY**

## Who gets Lyme disease?

- Anyone who is bit by a tick carrying the bacteria can become infected.
- Typically, people who spend time outdoors in areas with a high concentration of ticks are at greatest risk.
- Pet's can also put you at greater risk by brining deer ticks in your home after being outside.

## SYMPTOMS OF LYME DISEASE\*



**Is it a 'Deer Tick'?:**

Species	Adult Female	Adult Male	Nymph	Larva
Western Blacklegged Tick ( <i>Ixodes pacificus</i> )	2.5 mm	2.0 mm	1.0 mm	0.5 mm
Eastern Blacklegged (Deer) Tick ( <i>Ixodes scapularis</i> )	3.0 mm	2.0 mm	1.0 mm	0.5 mm

Scale: 0.5 in, 10 mm, 25 in, 5 mm

Comparison: Sesame Seed (3.0 mm), Poppy Seed (1.0 mm)

© 2016 Bay Area Lyme Foundation. All rights reserved.

## Preventing Tick Bites

- Avoid wooded areas with dense shrubs and leaf litter where ticks are hidden.
- Treat clothing and gear.
- Use an EPA (Environmental Protection Agency) registered insect repellent.
- Wear solid colored long sleeve shirts and pants to make it easier to find a tick on clothing and to prevent a tick from attaching to skin.
- Always check for ticks when you are in a tick-infested area, most importantly on the scalp, behind the ears, under the arms, on the ankles and in the groin.

## Myths vs. Facts

- Myth: All ticks carry Lyme disease.**  
**Fact:** While there are many different kinds of ticks, the only species that can transmit the infection and carry the bacterium is the blacklegged tick (deer tick).
- Myth: The best way to remove a tick is to burn it or use nail polish.**  
**Fact:** In order to quickly and effectively remove a tick, the CDC recommends using tweezers. The insect should be grasped with the tweezers as close to the skin as possible and pulled upward without twisting.
- Myth: Lyme can be spread between people and pets.**  
**Fact:** There is no evidence to support the idea that Lyme disease can be spread through people and pets.
- Myth: All blacklegged tick bites result in Lyme disease.**  
**Fact:** Not all blacklegged ticks carry the bacterium, even in the areas where Lyme disease is more common. If a tick is removed within 24 hours of the initial bite, the risk of infection is significantly reduced.

**If you suspect you have been bitten by a deer tick and/or have signs of a 'bull's eye' rash, please contact your doctor as soon as possible.**

## For More information

Call the Township of Mount Olive Health Department at 973-691-0900 ext. 7330

Created by the Township of Mount Olive Health Department.

