

Ticks and Lyme Disease

Don't let a tick make you sick!

The Pennsylvania Department of Health has identified an increase in tick bite-related emergency department visits in nearly all regions of the state.

What is Lyme Disease?

- Caused by bite of infected black legged tick
- Tick needs to be attached for 24-36 hrs before transfer of bacteria
- Red rash may appear from 3 days to several weeks
- Symptoms: bull's eye rash, fever, headache, fatigue, muscle and joint pain (may disappear within 10 days)
- If left untreated Lyme disease can affect the nervous system, joints and heart



Unfed Tick

- This tick was probably attached to body for less than 24 hours
- Not enough time to transfer the bacteria



Fed Tick

- This tick has been attached for a longer period of time
- May have transferred the bacteria
- Consult health care provider



How To Remove Tick

- Grasp tick by the head close to skin
- Pull straight out with steady even pressure using tweezers
- Clean the bite area with soap and water and write down date removed

HOW TO PROTECT YOURSELF...

1

PREPARE

- Wear light colored clothing, long-sleeved shirts, long pants, socks and shoes
- Tuck pants into your socks
- Plan to put clothes into a hot dryer to kill ticks

2

TAKE ACTION

- Ticks are more visible on light colors and harder to attach on clothing
- Use an insect repellent with DEET or Icaridin

3

FOLLOW-UP

- After being outside check body for ticks
- Focus on armpits, groin, scalp and back
- Showering can help remove any ticks not yet attached

