



**What is Lyme disease?**

Lyme disease is a bacterial infection that comes from an infected tick bite. The bacteria is called a spirochete. It infects your blood, but if too much time goes by, it crosses the blood barrier and burrows into your organs where it continues to grow and make a human very sick. Spirochetes have a life cycle and replicate every 28 days which is why it is a horrific disease. Lyme disease inflames the body and causes excruciating headaches, brain fog, joint/muscle/nerve pain, major gastrointestinal issues, dizziness, ear ringing, light & sound sensitivity, anxiety, and in the beginning, flu like symptoms. Only 1 in 2 (50%) of bite victims develop a bullseye rash.

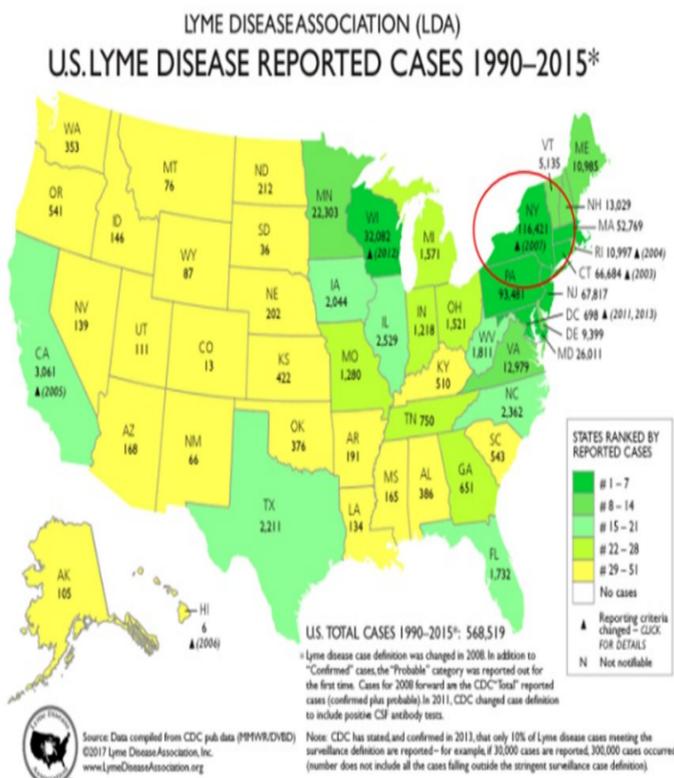
**Where does Lyme disease come from?**

Lyme disease is skyrocketing in 2017 due to a mild winter, an increase in acorns, and thus, a mouse explosion. Lyme comes from MICE. Deer are just tick transporters. They walk through your yards, and ticks fall off of them where they wait for their next meal such as you. So a tick isn't born with Lyme disease; a tick that bites a mouse gets Lyme. Keep the mice and deer out of your homes and yards. 1 in 3 ticks now carries Lyme and tickborne diseases. **BE SAFE! EVERY DAY.**

**Repel, Check, Remove = Prevent**

**Where are ticks from ?  
Where are they found?**

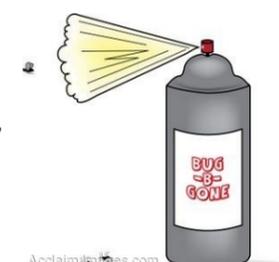
Ticks are from the spider family. They have 3 sizes in their 2-year life cycle: larva (pinhead), nymph (poppyseed), adult (apple seed). They cannot see because they do not have eyes, but they can smell blood and carbon dioxide. They cannot fly or jump. They quest. Which means they extend 2 of their legs while perched on blades of grass, shrubs, leaves, fields, plants, edges of ponds, rock walls, piles of leaves, and woodpiles where they wait for a host to come by. They crawl up and look for warm, dark places on the body to bite, but they will bite anywhere if they are very hungry. If the tick has fed on a mouse prior to a human, the human will get Lyme disease. One tick lays 3000 eggs on average.



**Statistics show that CHILDREN AGES 5-16 have the highest risk**

**PREVENT Lyme checklist: Lyme IS PREVENTABLE with ACTION**

**Permethrin** all that you wear outside. Pretreating with Permethrin makes you 74% more protected than using bug spray alone. It repels AND kills ticks on contact; it has been approved by the EPA as safe for use on clothing apparel and gear. It lasts 45 days or 6 washings. Treat footwear, socks (ticks are small enough to crawl through socks if not protected), clothing specifically for wearing outside (4 to 8 outfits), jackets with specific attention to inside and outside of cuffs/neck, inside/outside of shorts, picnic blankets, hats, cloth folding chairs, outdoor rugs, camp gear including sleeping bags, backpacks, tents.



**Repel** ticks by using **Bug Repellent containing Deet or Picaridin** on exposed skin; this will provide added repel protection, but by itself does not work as effectively as with Permethrin sprayed clothing.

NOTE: Natural sprays that use lemon and eucalyptus are not as effective... they last only 30 minutes and less if sweating. Skin So Soft by Avon contains IR3535 and is recommended by Lyme guru Dr. Horowitz as a repellent as well. Again, these tools repel but do not kill the tick.

**Eliminate** ticks on clothing by throwing all clothing worn outside as soon as you come in into a **HOT dryer** for 30 minutes. Ticks survive water, but they die in heat. **Shower** within 30 minutes to an hour of coming inside to wash away any unattached ticks. This is crucial with Powassan Virus on the rise in 2017; it transmits in 15 minutes.

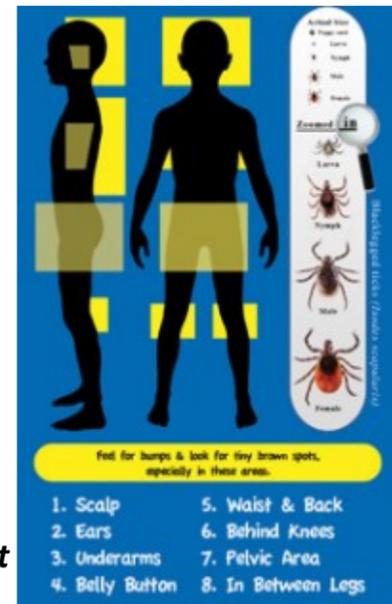


**IF YOU HAVE BEEN OUTSIDE WALKING GARDENING HIKING JOGGING DOG WALKS HUNTING FISHING CYCLING ETC... DRY YOUR CLOTHES RIGHT AWAY TO KILL ANY TICK TRAVELLERS & CHECK YOUR ENTIRE BODY THOROUGHLY**

WORLD LYME DAY LYME DISEASE POSTERS & WORLD LYME DAY MAY 1st FIND US ON Facebook www.worldlymeday.org

**Vigilantly CHECK** for ticks **EVERY TIME** you have been in the outdoors.

**Exercise Caution** when outdoors. Avoid brushing against plants or tall grasses, walking in fields or through leaves (never jump in them), playing in the woods or along water shores where moist grass or leaf litter exists. **Do not sit directly on the ground or on rock walls.** Stay in the center of paths that should have 2 to 3 feet of clearance on either side of them. Tuck pants into socks. Wear light colored clothing, enclosed shoes.



**Never** wait for symptoms to appear if bit. Remove the tick, wash the site with peroxide and see a doctor immediately. Send the tick for testing. It takes 6 weeks before the disease shows up in your blood. The current FDA cleared tests have poor sensitivity and miss more than 50% of patients with Lyme disease. For more information, [www.lymedisease.org](http://www.lymedisease.org) or [www.ilads.org](http://www.ilads.org)

**Talk** about it. Remind each other. If all repel, exercise caution, check, the spread of Lyme will be prevented..



**Simple TICK-OFF checklist & guide to creating safer, outdoor areas around the home.**



**Suburbs are at high risk due to a rise in mice population and thus, tick infestation** (source: Binghamton Univ)

**Tidy Up** by removing leaves (never jump in them) branches and debris, which create hiding places for ticks and their hosts. Basically anywhere a mouse could create a home.

**Install** 3 foot wide cedar chip barriers along the edges of stone walls, ornamental gardens, and as a barrier between the woods and your lawn.

**Clear & Cut shrubs** that attract deer and any tall grasses or long flowy plant that can brush against people as they walk Ticks QUEST meaning they wait 12 to 24 inches above the ground looking for their next blood meal... you or your pet.

**Keep woodpiles & bird feeders far away** from your home as they attract mice. Put TickTubes into woodpiles and walls to kill ticks on the mice.



**Open up areas to direct sunlight and keep laws cut short** to reduce the humid environment that ticks thrive in.

**Form play & rec areas 10 feet from woods/shrubs.** Place playsets in sunny areas on cedar chips or blacktop. Ticks die in heat.

**Fully spray your lawn with tick repellent .**

**NO MOSQUITOES. NO TICKS. NO PROBLEM.**

**mosquito shield**  
RESIDENTIAL MOSQUITO CONTROL  
**tick shield**  
FLEA & TICK CONTROL  
**(716) 817-5551 www.moshield.com**



**Actual size of penny and ticks:**  
larva (pin dot)  
nymph (poppy seed)  
adult (apple seed)



**Tick Bites – What do they**

**look like and how to remove them.**



**TICKS CARRY LYME DISEASE AND OTHER DISABLING DISEASES**

**HOW TO REMOVE A TICK**

**NEVER EVER EVER SQUISH, TWIST, OR BREAK OFF A TICK INSIDE OF YOU. DO NOT BURN IT OFF OR TRY TO SMOTHER IT WITH SOAP OR OTHER TOXINS. THIS WILL CAUSE THE TICK TO REGURGITATE IT'S INFECTED GUTS AND SALIVA INTO YOUR BODY INCREASING THE CHANCE OF YOU GETTING DISEASE**



**ILADS suggests using pointed tweezers. Grasp tick nearest to mouth and gently slowly pull straight out.**

**CLEAN WOUND WITH ANTICEPTIC OR RUBBING ALCOHOL. SAVE TICK IN SEALED CONTAINER AND TAKE TO YOUR DOCTOR FOR TESTING.**

**ILADS: INTERNATIONAL LYME AND ASSOCIATED DISEASES SOCIETY**  
**Lyme WNY provides tick removal kits.**

*To use tick analysis for your own personal health care decisions, you should send your tick to one of a number of pay-for-service companies that do allow for this type of diagnosis Tick testing can be done through [www.igenex.com](http://www.igenex.com) or [www.tickreport.com](http://www.tickreport.com) For FREE tick testing that is not diagnostic for personal health: [www.bayarealyme.org](http://www.bayarealyme.org)*

**Lyme Disease: Symptoms**

**Fast Facts**

- 50% of Lyme patients are children
- 50% have no history of tick attachment
- Less than 50% of people develop a rash
- Patients treated with appropriate antibiotics as soon as a bite is detected are more likely to recover rapidly and completely.
- Blood tests are not 100% effective; bacteria does not show up in blood for up to 5 weeks.

**Early Symptoms**

- Flu-like illness after being outdoors (fever, aches, fatigue, nausea, joint pain)
- Rash (less than 10% in children but if bullseye like rash is present, Lyme disease has been contracted.)
- Bells palsy of any part of the body.
- Recurrent Strep Throat
- Mono that does not go away

**Later (Chronic) Symptoms**

- Headache
- Stiff neck
- Light and/or sound sensitivity
- Cognitive impairment
- Arthritis
- Unusual fatigue
- Stomach aches, nausea, diarrhea
- Chest pain, palpitations
- Shortness of breath
- Tingling, burning, shooting pains anywhere on body
- Ear ringing
- Dizziness
- Outbursts and mood swings
- Anxiety/inability to sustain attention



**Websites dedicated to Lyme Awareness & Prevention**

[www.lymewny.com](http://www.lymewny.com)

<https://www.facebook.com/LymeWNY/>

- [www.ilads.org](http://www.ilads.org)
- [www.tickencounter.org](http://www.tickencounter.org)
- <https://www.facebook.com/LymeAwarenessPrevention/>
- <http://www.childrenslymenetwork.org/>
- [www.lymedisease.org](http://www.lymedisease.org)
- [www.lymediseaseassociation.org](http://www.lymediseaseassociation.org)



Brochure created for Lyme WNY 2017

**Fun in the outdoors has a new meaning in 2017. The landscape has drastically changed due to a severe increase in tick borne diseases. The "new normal" is tick prevention measures daily.**

NYS & PA are the top 2 states with Lyme disease. The North Eastern states have seen a 500% increase in tick bites in the past few months including WNY. Ticks carry Lyme disease and coinfections such as Babesia, Bartonella, and others.



*Tick warning signs have been placed at a few parks, but be extremely careful in any park, picnic benches, and fields including soccer, golf, & baseball fields.*



In May 2017, Powassan Virus, a disease that is transmitted to ticks from infected deer was discovered in Ontario, Canada. Its close proximity puts WNY at great risk. The Powassan Virus can be transmitted from an infected tick in less than 15 minutes and can be deadly. Exercising caution outdoors is critical for the safety and health of you and your children.



**Pets are effective vehicles for carrying ticks into your living space. Have pets wear an effective tick collar such as Seresto. Spray dog beds with Permethrin every 6 weeks or use food grade diatomaceous earth; do not use Permethrin spray for cats. Check your pets every day.**

**Do not sleep or snuggle with dogs or cats.**

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**Ticks are active ALL YEAR LONG.**

**They are most active in the Spring, Summer & Fall, but they survive sub-zero temperatures and can be active year round. Stay away from leaf litter and wood piles even during snow fall.**

