

Prevention

Prevention

Outdoor Safety

All areas are high risk areas!

Love your yard and the outdoors? Animals that transport ticks from place to place do too! No matter where you live-the rural countryside or a bustling urban area, you will find ticks. Take some precautions in your yard and when enjoying nature so you don't become a tick's next food source:

- Reduce hiding places that create a humid environment for ticks. They need moisture to survive.
- Remove debris like leaf piles, tall grasses, and brush from your yard.
- Fence off your yard to keep out deer and other large animals. Create barriers with gravel and wood chips between your yard and dense overgrown wooded areas to make it more difficult for ticks to travel.

Protect Yourself

Take these few precautions to keep your body tick free all throughout the year:

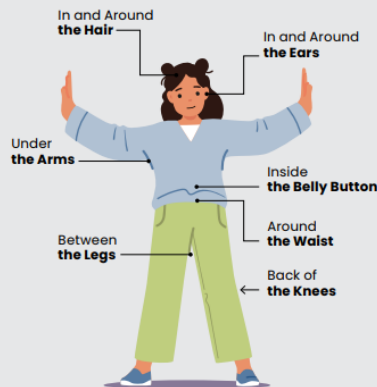
- Wear light colored clothing, long sleeves and long pants tucked into your socks if possible.
- Using insect repellants that contain **PICARDIN** can help **REPEL** ticks. Natural sprays made with essential oils only last up to 30 minutes so your best defense is a store bought spray to use on yourself and all members of your family.
- All articles of clothing can be treated with **PERMETHRIN**. This product can **REPEL** and **KILL** ticks and is safe to use on **CLOTHING**.

Disclaimer: The content of this pamphlet is for informational purposes only. Lyme WNY advises you to seek medical advice from Lyme Literate Medical Professionals.

Continue to enjoy the outdoors! Being grounded in nature is one way to support your body's immune system. Just be proactive and take a few extra steps when coming in from the outdoors. One of those steps is a **TICK CHECK**. Make this part of your routine after enjoying nature.

Tick Check

Where to Check for Ticks



A few other preventative measures:

- Take a shower before settling in and getting cozy for the evening.
- Place clothes in dryer on high for 10 minutes to kill any potential pests. Be sure damp clothes are fully dried before removing.
- Have a buddy check those difficult to see places.

Additional Resources

Informational Podcasts:

Tick Boot Camp Podcast

Websites:

www.lymedisease.org www.ilads.org

Tick Testing: (cost involved)

<https://igenex.com/tick-test/>

<https://www.tickreport.com/>

Lyme Disease in Children and Adolescents:

<https://www.childrenslymenetwork.org/>

Live Lyme Free

Educate. Prevent. Support.



www.lymewny.com



contact.us@lymewny.com



www.instagram.com/lymewny/



www.facebook.com/LymeWNY

Support Group Meetings

2nd Wednesday of Every Month
East Seneca Fire Hall
100 Lein Road
West Seneca, NY 14224



Website



Donate
by mail:

Lyme WNY
PO Box 8
Springbrook, NY 14140

Venmo



venmo

What is Lyme Disease?

Lyme disease is a bacterial infection caused by *Borrelia burgdorferi*, a spiral-shaped bacterium. This bacteria can be passed to humans through the bite of an infected tick.

Early Symptoms:

- rash
- joint pain
- headaches
- Bell's Palsy
- chronic sore throat



Symptoms in Children

As the disease progresses and becomes chronic, individuals may experience:

- arthritic pain
- intestinal
- cognitive difficulties,
- heart palpitations
- digestive issues and chronic nausea
- dizziness and ear ringing
- cognitive issues
- mental health disorders



How is it transmitted?

Most often, Lyme bacteria is transmitted through the bite of an infected tick. Other forms of transmission may possibly include:

- From mother to child in utero
- From other infected insects



Read more about reported Lyme cases.

As a result of the tick bite, one may notice a rash that can represent a distinct or atypical bull's eye rash but this tell tale sign is only present in less than 50% of cases. Most individuals infected with Lyme do not recall seeing a bull's eye rash.

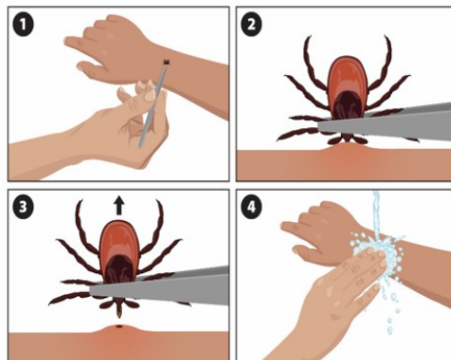


Learn more about types of ticks here.

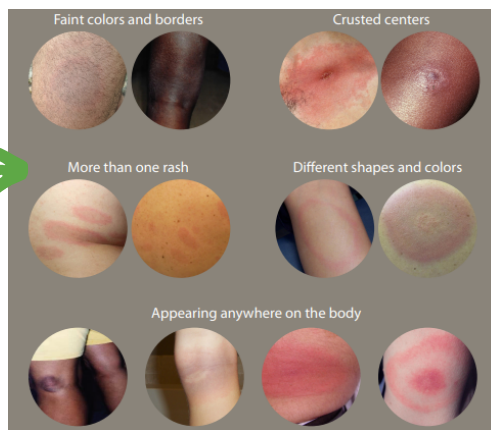


Proper Tick Removal

1. Use clean, fine tipped tweezers.
2. Grasp the tick as close to the skin as possible.
3. Pull upward in a steady motion to reduce the chance of leaving behind a portion of the head.
4. Clean area with antiseptic or rubbing alcohol.
5. Save the tick and send it to be tested.



Many Forms of the EM Rash



Other Complications

Infected ticks often transmit other pathogens which can further complicate this illness and make it difficult to treat if not diagnosed early. *Ehrlichia*, *Anaplasma*, *Babesia*, and *Bartonella* are other infectious agents that can be transmitted after being bit by a tick. If you spot an EM rash or are experiencing symptoms, contact your doctor immediately.

Diagnosis

Treatment

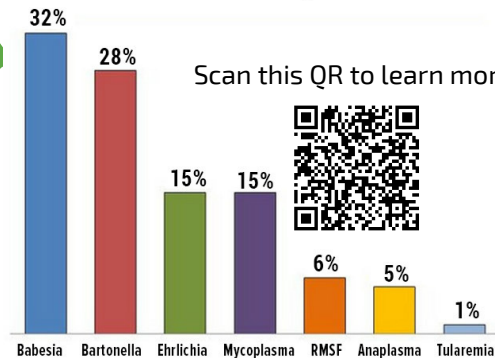
Now What?

If you think you might have contracted a tick-borne illness, reach out to your doctor. Capture a photo of any concerning rash (if present) and keep notes on your symptoms. These steps can assist in receiving an accurate diagnosis and prompt treatment. While a blood test can indicate exposure, very often the results are not conclusive. Many physicians may not be well versed in the treatment of tick borne illness and you can easily be misdiagnosed. One may be labeled as having fibromyalgia, lupus, chronic fatigue, and sometimes diagnosed with MS when the underlying cause is a tick borne illness. Seek treatment from a LLMD (Lyme Literate Medical Doctor). Reach out to our organization Lyme WNY and we can connect you with specialists in this field.

Treatment

Treatment consists of an extended course of antibiotics. Doxycycline is the most commonly prescribed medication upon an early diagnosis. Your physician should prescribe you with **at least** a 21 day treatment. We often **recommend** a 4-7 week treatment cycle.

The Most Commonly Reported Co-Infections U.S. Patients with Lyme Disease



Scan this QR to learn more.

