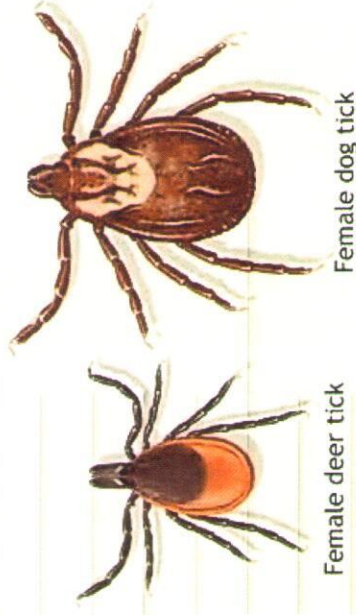


Get Tick'ed off

Facts about ticks

- The most common types of ticks found in Connecticut are the Deer Tick (can transmit Lyme Disease) and Dog Tick.
- There are a variety of tick-borne diseases.
- Most tick bites do not transmit harmful microbes.
- There is a wide range of symptoms that usually develop days to weeks after the tick bite. The symptoms depend on the particular microbe that is transmitted.
- There are safe and effective methods for the removal of ticks.

Distance in millimeters



ADAM



How to Effectively Remove a Tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol placing it in a sealed bag/container, wrapping it tightly in tape or flushing it down the toilet.
5. If you are unsure what type of tick has bitten you, once it is removed, bring it to the Health Department.



Symptoms Of Lyme Disease

Symptoms of early Lyme disease may present as a flu-like illness (fever, chills, sweats, muscle aches, fatigue, nausea and joint pain). A rash shaped like a bull's-eye is considered characteristic of Lyme disease, many people develop a different kind of Lyme rash or none at all. If Lyme disease is not diagnosed and treated early, it may become late-stage or chronic.



Help Prevent Tick Bites

To keep a yard tick-free, use landscaping that deters mice, deer, woodchucks and other rodents that carry ticks. Remove tick habitat such as leaf piles, shrubs and ground cover near the house. Ticks use long grass to attach to hosts, mowing the lawn is an effective way to reduce tick bites. After a day outside, make sure you check yourself, children and pets for any ticks.