

Basic information on **LYME DISEASE**



- Know where ticks live
- Symptoms of Lyme disease
- Tick life cycle
- How to prevent getting bit
- Where to get more info



GENERAL TICK BITE PREVENTION :

1. Use bug repellent with DEET on you and permethrin on the label for clothes.
2. Wear long pants tucked into socks or boots, and long-sleeved shirt even in summer.
3. Stay on trails when walking or hiking, avoid areas ticks are likely to be.
4. Talk to your vet about tick control options (collars, repellents) for pets.
5. Carefully examine yourself and pets after a hike for any ticks and remove them if you can with tweezers and magnifying glass

If bitten by a tick OR feel ill

- Tick must be attached for 24 hours to pass bacteria.
- Symptoms can include: headache, fever, chills, muscle aches or fatigue and appear 3 to 30 days after a bite.
- If ill, see a health care provider. Call a health care provider especially if over 60, or immune compromised from disease or medications.
- Lab testing can help if done with proper scientific methods.



Always contact your local health department or Mass. Dept. of Public Health at (617) 983-6800 if you have questions

LYME DISEASE FACTS

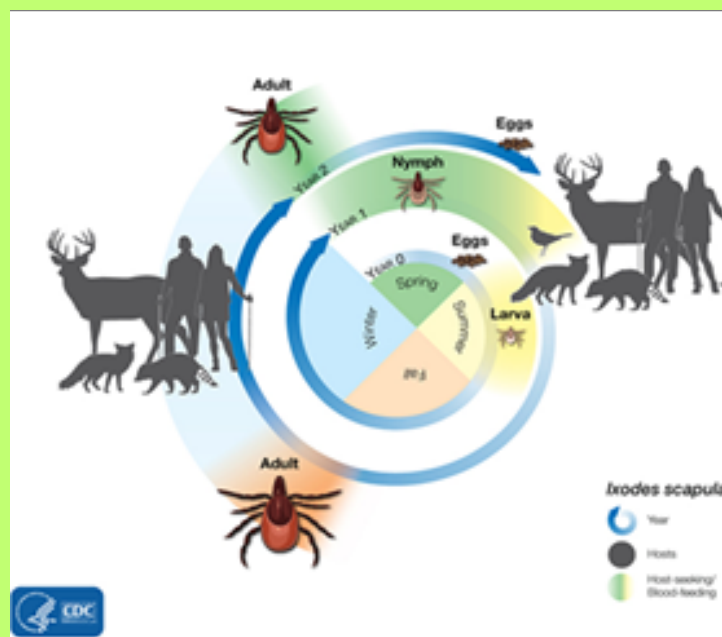
Caused by bite from small black legged (deer) ticks with the bacteria

Adult ticks are active when temp is above 32 degrees F. Nymphs come out in Spring. Remember, we now have warmer Winters and Falls.

Ticks are found in wooded areas where there are a lot of trees or high grass.

Barnstable County and Massachusetts are "high incidence" areas for Lyme, Mass. had 5000 confirmed Lyme cases in 2022 and 13,000 suspected cases,

Deer tick life cycle



RESOURCES

Mass. Department of Public Health Tickborne Diseases
<https://www.mass.gov/tick-borne-diseases>.
Or call 617-983-6550

Tick Testing Services
<https://www.mass.gov/service-details/tick-identification-and-testing-services>.

Surveillance data on ticks and resulting diseases
<https://www.tickreport.com/stats>