



Lyme Disease Prevention Program



Ridgefield Health Department

What is BLAST?



BLAST is the easy to remember acronym which represents the 5 most effective prevention measures that YOU can take to avoid getting a tick-borne disease.

What are Tick-Borne Diseases?

- There are a few different diseases that are carried by ticks:
 - Lyme Disease
 - Babesiosis
 - Ehrlichiosis



How does a tick give you a disease?



Ticks can transmit diseases when they bite you.



Although, not all ticks have diseases

Lyme Disease

- Lyme disease is a bacterial infection that attacks various organ systems in the body:
 - Nervous System (*Bell's palsy, meningitis, jabbing pain*)
 - Activity System (*arthritis, migratory, joint pain, swelling*)
 - Circulatory System (*heart block, rhythm abnormalities*)



Lyme Disease Symptoms

- Symptoms typically appear 2 – 30 days after the bite of an infected tick.
- Early symptoms:
 - Expanding "bull's-eye" rash
 - Flu-like Symptoms
 - Fever
 - Malaise
 - Fatigue
 - Headache
 - Muscle aches
 - Joint aches



Lyme Disease Symptoms (cont.)

Examples of the characteristic "bull's-eye" rash:



Lyme Disease Symptoms (cont.)

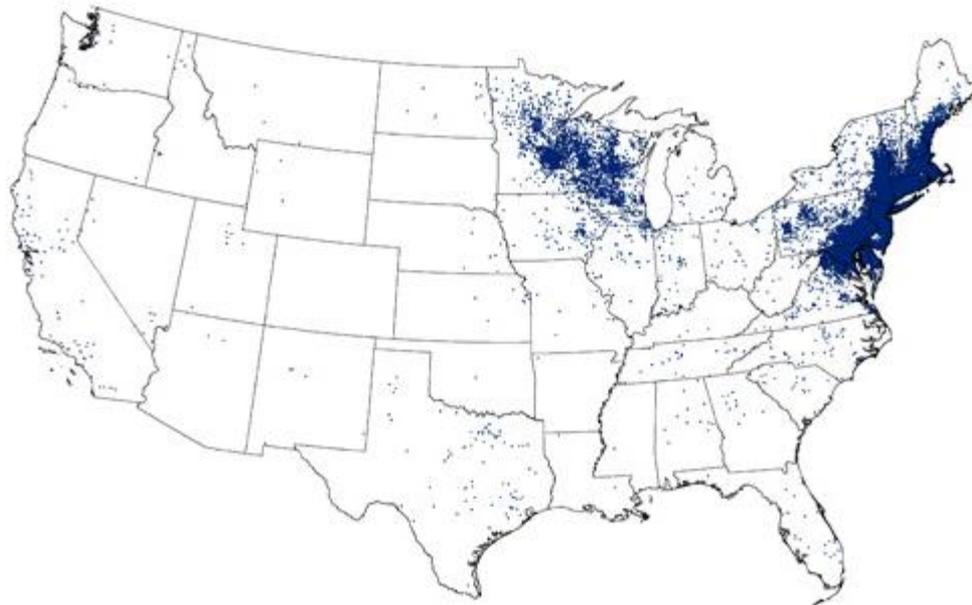
- Late symptoms of Lyme may include:
 - Nerve damage
 - Encephalopathy (brain disease)
 - Meningitis symptoms
 - Heart abnormalities
 - Severe joint pain or swelling



Swollen knee of a youth with Lyme arthritis.

Lyme Disease in the United States

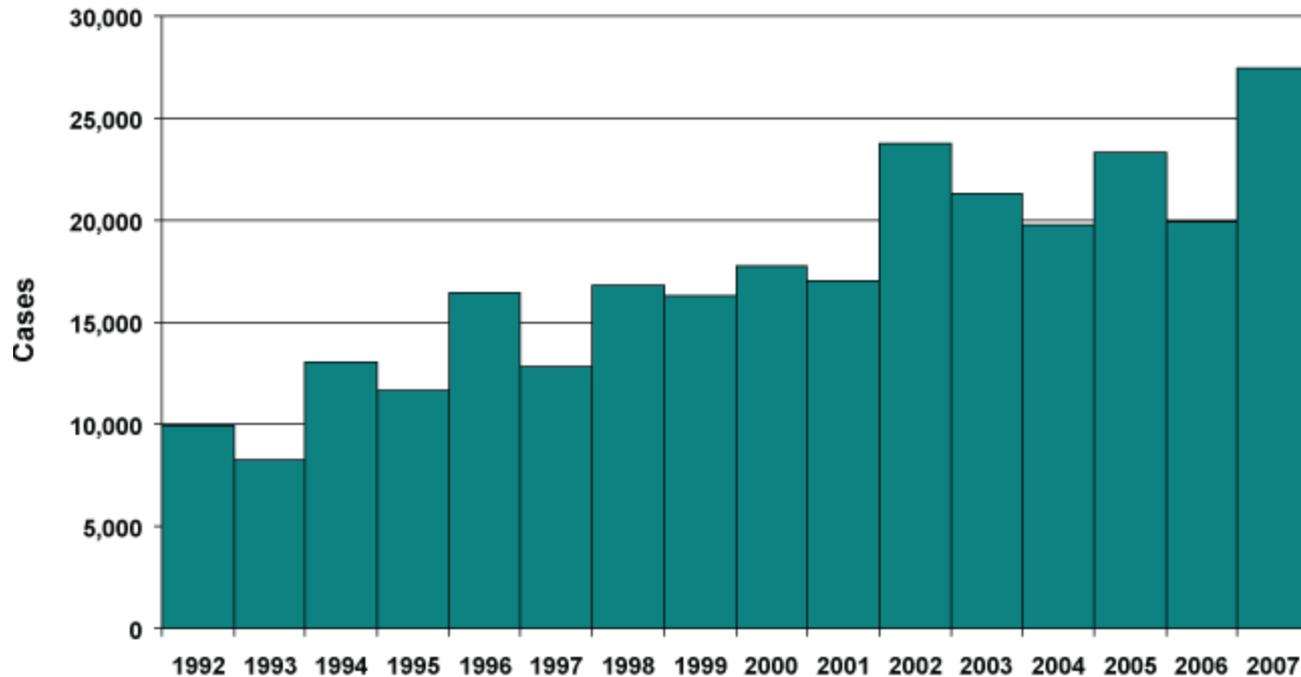
Reported Cases of Lyme Disease -- United States, 2007



1 dot placed randomly within county of residence for each reported case

Lyme Disease is on the rise...

Reported Cases of Lyme Disease by Year, United States, 1992-2007



What do Ticks Look Like?



Black-Legged Ticks

- Adult Female: Reddish body size comparable to a sesame seed
- Adult Male: Slightly smaller than female, completely dark brown
- Nymphs: Size comparable to that of a poppy seed
- Larva: Size smaller than that of a pin head



From left to right: Adult female, adult male, nymph, larva

Larva cannot transmit Lyme Disease!

The Tick Life Cycle

Year One

Year Two

Spring Summer Autumn Winter Spring Summer Autumn Winter

eggs

larvae

nymphs

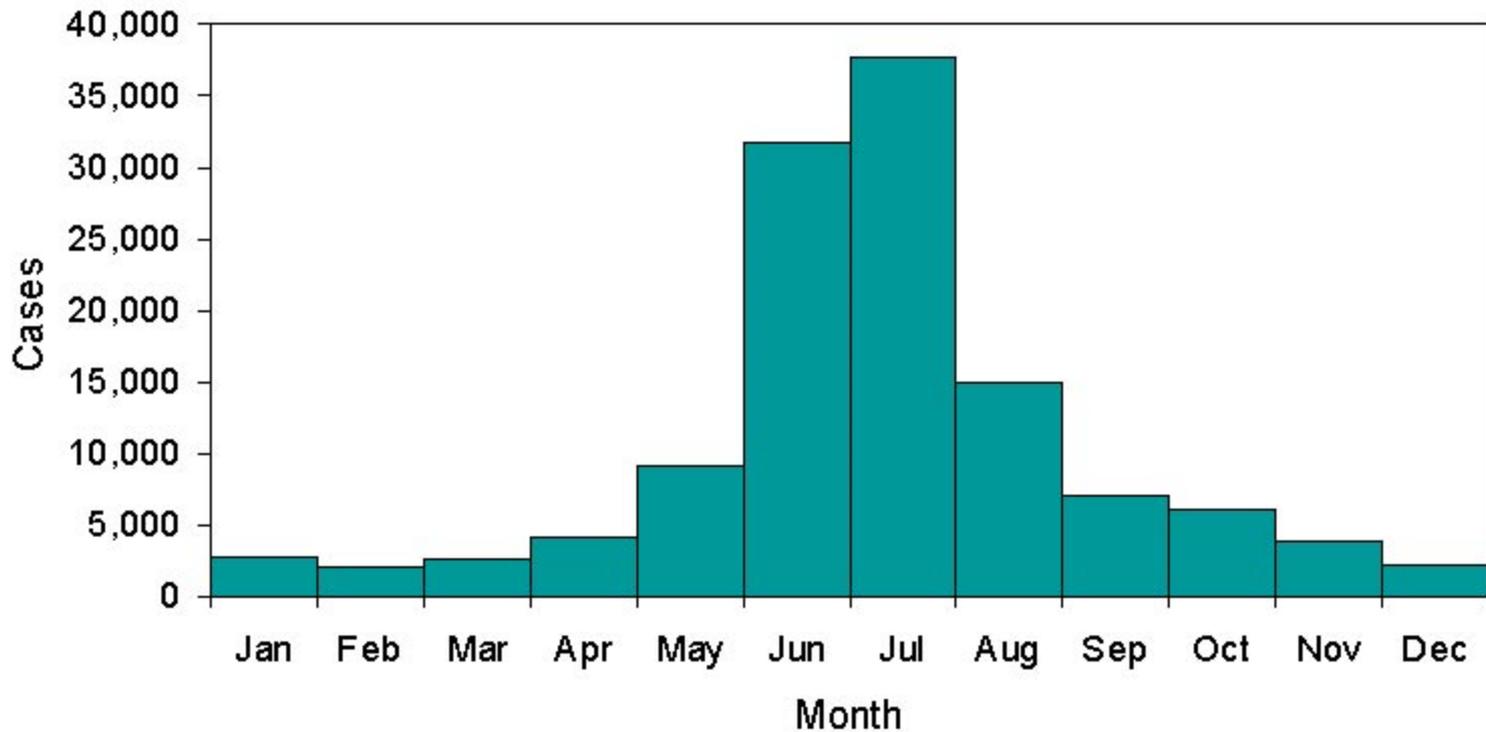
adults



Adults mate, produce eggs & die

When am I most likely to get bitten by a tick?

Reported Cases of Lyme Disease by Month of Illness Onset United States, 1992-2004



Engorged Ticks



Where do ticks live?

Ticks thrive in shady, moist areas



What do I do if I find a tick on myself?



Tick Removal

- Use fine tipped tweezers.
- Grasp the tick by the mouthparts close to the skin.
- Pull straight back with a slow, steady force.
- Avoid crushing the tick's body.
- Wash area and disinfect the bite site.
- Record the date and location of the bite.
- Watch for early symptoms!



Tick Removal DON'Ts

Don't squeeze or rupture the tick.

Don't pour kerosene or nail polish remover on the tick.

Don't rub Vaseline or Petroleum Jelly on the tick.

Don't use a smoldering match or cigarette but.

Don't do ANYTHING that might otherwise traumatize the tick.

Bring the tick to the Health Department

The Health Department will send the tick to a lab for testing to determine if it has Lyme disease.



How do you avoid getting a tick bite?



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Bathe or Shower soon after coming indoors



BLAST



Look for Ticks and Rashes

- Tick bites are usually painless, therefore most people are unaware when they have a tick attached to them.



- Do a tick check every night!
- Ticks are very small, and may feed anywhere on the body so check thoroughly.

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Apply Repellents

SKIN

If you choose to use a tick repellent on your skin, we recommend using a product that contains *DEET* at a concentration of at least 30% - 40%.

CLOTHING

A *permethrin* based product is recommended for clothing. It provides great protection against ticks!



BLAST

Spray the Edges of Your Yard



- A single *perimeter* spraying for tick control once in the Spring can reduce the number of ticks in your yard by up to 80% - 90%
- If your family decides to spray your yard, it is best to hire a professional that is trained to do this job efficiently and safely.

BLAST

Treat Your Pets

- Check your pets for ticks after coming indoors.
- Ask your vet what you can put on your pet to repel ticks.
- Don't sleep with your pet because ticks on your pet may crawl onto you.



Quiz Time!



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Lyme Disease!

Be a LYME Fighter!

Together we can



Lyme Disease!

