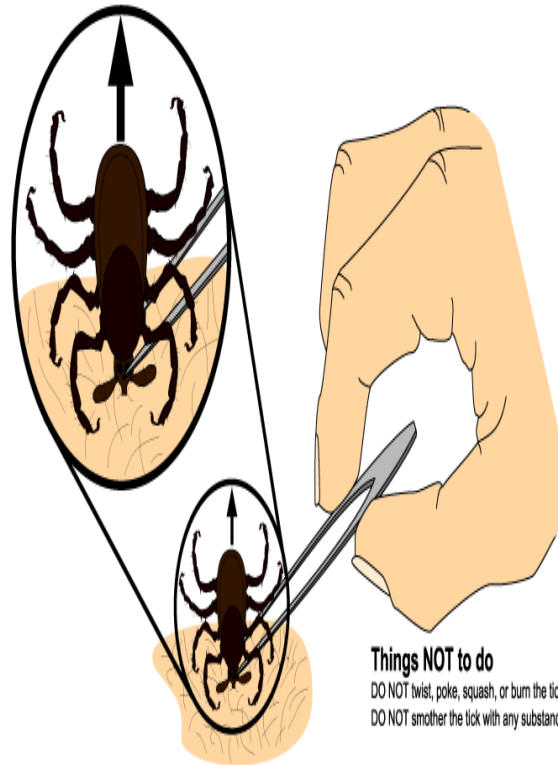


PREVENTION TIPS
from the BLAST Lyme
Program:

- ◆ **Bathe or shower as soon as possible from coming in from outdoors, ideally within 4 hours.**
- ◆ **Look for ticks & perform a “tick check” when coming in from outdoors.**
- ◆ **Apply repellent that contains DEET.**
- ◆ **Spray edges of yard by a professional for ticks**
- ◆ **Treat your pets for ticks regularly especially if they go**

TICK REMOVAL TIPS

Using a pair of tweezers, find where the tick's mouthparts have entered the skin. Place the ends of the tweezers around the base of the mouthparts and while applying gentle pressure pull the tick up slowly and steadily until it releases its hold. Dispose of the tick in a sealable plastic bag in the trash *outside* your home.



New Canaan Health
Department
77 Main Street
New Canaan, CT



NEW CANAAN

**Lyme Disease BLAST
Program**



**Informational
brochure for
Educating Youth
About Lyme
Disease
prevention.**

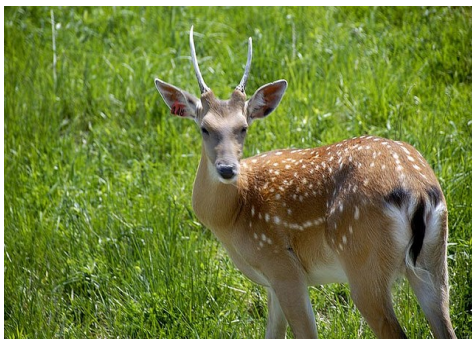
**Lyme Disease
is
PREVENTABLE!**



DON'T LOSE TIME DUE TO LYME

FACTS:

- ◆ Caused by deer tick
- ◆ First found in U.S in 1975 in Lyme, CT.
- ◆ Almost 40,000 cases of LD reported in 2013 according to CDC.
- ◆ In 2013, 95% of LD cases were reported from 13 states: CT, VT, ME, MD, MA, MN, NH, NY, NJ, VI, WI, RI, & PA.



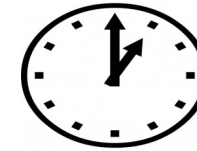
SYMPTOMS OF LYME DISEASE

The 1st symptom of LD is a **rash** that starts as a small **red spot** at the site of the tick bite and gets larger over a period of days or weeks and forms a **red rash** shaped like a **circle or an oval**.

OTHER SYMPTOMS:

- ◆ **FEVER**
- ◆ **HEADACHE**
- ◆ **STIFF NECK**
- ◆ **BODY ACHES**
- ◆ **TIREDNESS**

***IF YOU HAVE ANY OF THE ABOVE PLEASE SEEK MEDICAL ADVICE ASAP.**



***Prevention is key so be sure to Look for ticks and perform tick checks!**

Do a tick check!



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