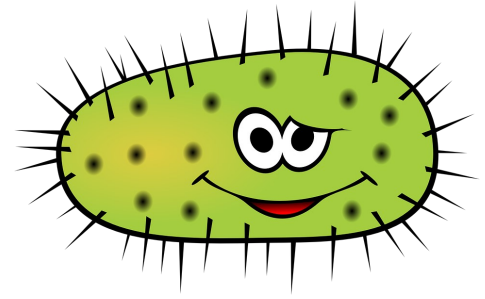


It's the "***Lyme Disease Season***" in Cattaraugus County!

What is "Lyme Disease"?

- Infection caused by a bacterium that affects skin, nervous system, heart and/or joints
- Bacteria is transmitted by the young (nymph) and adult **black-legged deer tick**.
- Affects everyone
- Mostly seen in grassy and wooded areas



When is the Lyme Disease season?



- When the ticks are most active—which is any time the temperature is above freezing!
- **Peak:** (see figure below for images of ticks)
 - ⇒ nymphs—mid-May to mid-August
 - ⇒ Adults—March to mid-May and mid-August to November

What are the symptoms of Lyme Disease?

Early stages

- Bull's eye rash (about 2 inches in diameter)
- Chills
- Fever
- Headache
- Fatigue
- Stiff neck
- Muscle/joint pain
- Swollen glands

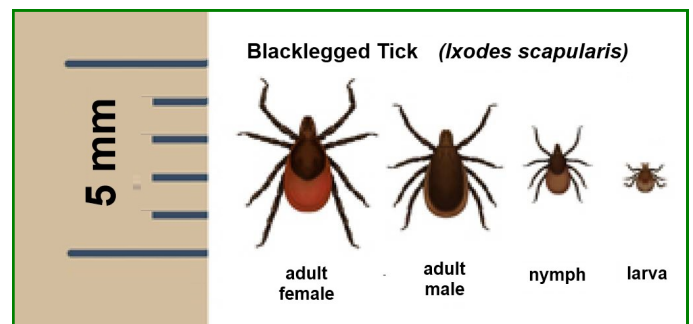


Late stages

- Severe fatigue/tiredness
- Stiff aching neck
- Tingling/numbness in arms and legs, possible paralysis of face
- Painful arthritis
- Swelling of joints
- Heart problems

Can I spread it?

- **NO!**
- You have to be bitten by an infected tick that stays attached to you for 36 hours or more to get the disease.



Lyme Disease Fact Sheet contd....



DO THIS....

Source: New York State Department of Health (NYSDOH)

1. Use a pair of pointed tweezers
2. Grasp the tick by the head or mouth right where it enters the skin
3. Pull firmly and steadily upward
4. Place the tick in a small container of rubbing alcohol to kill it
5. Clean the bite wound with rubbing alcohol or hydrogen peroxide
6. Monitor the site of the bite for the next 30 days for the appearance of rash
7. If you develop a rash or flu-like symptoms, contact your primary care provider immediately!

DO NOT...

- squeeze, crush or puncture the body of the tick, which may contain infectious fluids.
- remove ticks by using petroleum jelly, lit cigarettes or other home remedies because these may actually increase the chance of contracting a tick-borne disease.

What is the treatment for Lyme disease?

- * Early treatment with antibiotics results in complete cure.
- * Talk to your doctor or licensed health care provider for more information on how to prevent and/or treat Lyme disease.

How can I prevent Lyme disease?

- Wear light-colored clothing (so you can see ticks easily)
- Tuck pants into socks and shirt into pants
- Check for ticks every 2-3 hours of outdoor activity
- Always check the whole body for attached ticks at the end of the day
- Use bug sprays that work against ticks—but be careful about what you use and how much. Products that contain permethrin can be used to kill ticks on clothes but NOT on human body.



In Cattaraugus County, contact the [Health Department](#) for information on ticks and Lyme disease:

716-701-3385

For more information, visit:

www.cdc.gov/lyme

<https://www.health.ny.gov/publications/2825/>

For videos:

<https://www.health.ny.gov/diseases/communicable/lyme/>

