



Tioga County Public Health Department

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Public Health
Prevent. Promote. Protect.

BE TICK SMART... LYME DISEASE IS HERE!

The 2017 tick season in full swing! But how much do you really know about ticks and Lyme disease? In 2014 there were over 3,700 confirmed cases of Lyme disease across New York State, with many more going undiagnosed. Lyme disease cases in Tioga County continue to increase. These rate increases are alarming, from 82 in 2015 to 181 in 2016! Already the 1st three months of 2017 is double the first three of 2016.

What is Lyme disease?

Lyme disease is a bacterial infection that is transmitted from a deer tick.

What are the symptoms of Lyme disease?

When left untreated, Lyme disease can cause a number of health problems. Those who have been bitten by an infected tick may see any of the following symptoms, including a bull's-eye rash at the bite location, joint pain, chills, fever, and fatigue; however these symptoms may not be severe enough for someone to pursue medical attention. When left untreated, Lyme can lead to more severe fatigue, a stiff neck, tingling or numbness in the arms and legs, severe headaches, painful arthritis, and heart and central nervous system problems.

What should you do if you've been bitten by a Tick?

Remove the tick immediately if it is still on you. Use a pair of pointed tweezers and grasp the tick by the head or mouth – DO NOT grab the tick by the body and pull firmly outwards. Put the tick in a container of rubbing alcohol or flush down drain to kill it.

If you have been bitten by a tick, keep an eye on the bite site for the next 30 days – if a bull's-eye rash appears, or if you have any of the above symptoms after being bitten, seek medical attention immediately. Lyme disease can be treated with antibiotics and is most effective while still in the early stages of infection.

How Can You Protect Against Lyme disease?

Ticks generally live in lawns, gardens, brush and shrubs, as well as on the edges of woods and around old stone walls. If you're going to be in any of these areas, you should know how to properly protect yourself from tick bites. Wear light colored clothing to easily spot ticks, wear long sleeves and long pants, consider using an insect repellant (like DEET), shower as soon as possible after being outdoors and do a full body scan of yourself, your kids and pets to remove ticks promptly.

Who's at risk?

You, your family, and your beloved pets are all at risk for Lyme disease!

Need more information?

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

<https://www.cdc.gov/lyme/>

<http://www.carantouangreenway.org/lymeandticks.html>