

Ticks & Lyme Disease

- Ticks are easier to spot on light colored clothing.
- Drying your clothes on high heat for 60 minutes kills ticks.
- Check your pets for ticks daily. Pets can also get Lyme disease.
- If a tick is attached, grasp the tick as close as possible to your skin with tweezers, and very gently pull straight up until the tick releases. Do not twist or crush the tick. If the tick's mouthparts break off in your skin, you should leave them alone. Do not use matches, nail polish or petroleum jelly to try to remove ticks.
- Clean the bite and your hands carefully with soap and water or an alcohol cleanser.
- A small bump or red spot that goes away in 1-2 days is not a sign that you have Lyme disease.
- You do not need to keep the tick, but make note of its size and color to confirm identification.



WHEN SHOULD I GET MEDICAL ATTENTION?

- If you find a tick attached to you, or your child, and you think it may be a deer tick and may have been attached for more than 24 hours.
- If you develop any of the symptoms of Lyme disease listed above, even if you did

not find a tick bite.

- Lyme disease does not require emergency care, so you have time to make an appointment at your provider's office.

WANT MORE INFORMATION? CHECK OUT THE WEB SITES LISTED BELOW...

- www.dhhs.nh.gov/dphs/cdcs/lyme/documents/lyme.pdf
- www.cdc.gov/lyme/resources/brochure/508_LD_Brochure.pdf
- www.uptodate.com/contents/patient-information-lyme-disease-symptoms-and-diagnosis-beyond-the-basics

This report was compiled by Ammonoosuc Community Health Services, Inc. (ACHS) clinical staff for informational purposes, and does not replace any advice one might receive from a qualified health care provider.

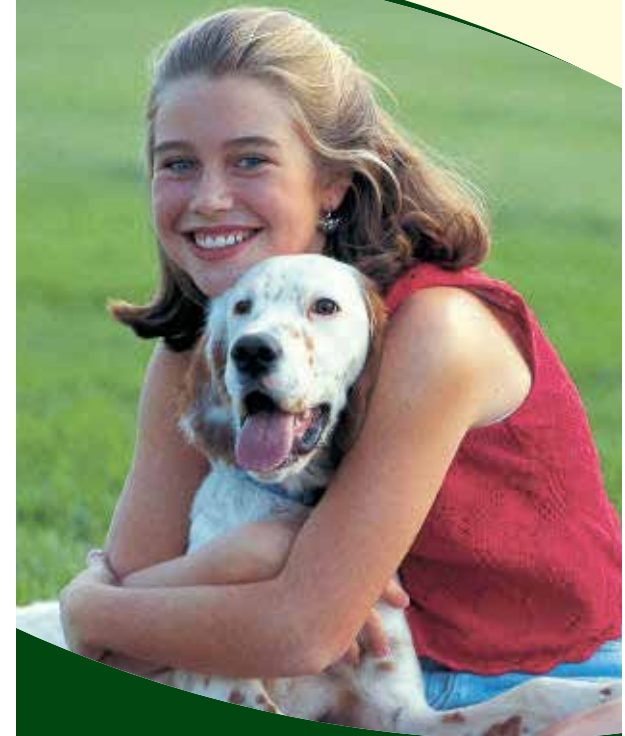
Founded in 1975, Ammonoosuc Community Health Services is a nonprofit community health center offering a network of quality, affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health. ACHS serves 26 towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. We provide comprehensive services, regardless of one's ability to pay, to nearly 10,000 patients.



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New Patient hotline at 1.866.201.5076

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What you need to know to protect you and your family



Ammonoosuc Community Health Services, Inc.

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Learn more about ticks & how to protect yourself & your family from Lyme Disease and you'll be able to enjoy the great outdoors without worry.

WHAT IS LYME DISEASE?

Lyme disease is an illness caused by bacteria carried by the deer tick, also called a blacklegged tick or *Ixodes scapularis*. Other ticks in New Hampshire, like the American dog tick (sometimes called a wood tick) do NOT carry Lyme disease. In order for you to get Lyme disease, an infected deer tick must be attached to you for more than 24 hours, possibly up to 72 hours. Not all deer ticks are infected with Lyme disease. Lyme disease is effectively treated with antibiotics.

IS THERE LYME IN NORTHERN NEW HAMPSHIRE?

Yes. Lyme has occurred in all fifty states. More cases have been reported in southern New Hampshire and states further south, but there have been many cases reported in Grafton, Carroll and Coos Counties in the past few years.

WHAT ARE THE SYMPTOMS?

- Symptoms of early Lyme disease may start from 3-30 days after a bite from an infected tick, and vary from person to person, and may include fever, fatigue, aches and pains, headache and stiff neck.

- Some people with early Lyme disease develop a rash 3-30 days after a tick bite. This may start as one or more small red circles, which expand over several days, and may become lighter around the center, forming a ring or "bull's-eye". Not every rash looks typical, and some people with Lyme never get a rash.



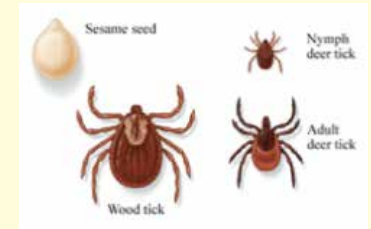
- Later stages of Lyme disease may cause pain and swelling in a large joint, like a knee, numbness and weakness to one side of your face, or memory problems and confusion. It may also cause heart problems.

IS THERE A TEST FOR LYME DISEASE?

Yes, but it may take four or more weeks after an infected tick bite for the infection to show up in your blood. A positive Lyme blood test would only be a part of your health care provider's decision about whether you need treatment. If you have a typical Lyme rash, you do not need a blood test.

WHAT KIND OF TICK BIT ME?

Deer ticks are tiny, smaller than American dog ticks (wood tick). The immature or "nymph" stage



of the deer tick is the size of a poppy seed, and the mature tick is about the size of a sesame seed. Any tick should be removed from your skin, but only deer ticks carry Lyme disease.

HOW YOU CAN PREVENT LYME DISEASE

- Use insect repellent containing 20%-30% DEET on exposed skin when hiking, camping, gardening or working outdoors. DEET repellents need to be reapplied every few hours.
- Use a repellent spray containing permethrin on your clothing, not directly on your skin.
- Shower and carefully check your skin every day when you and your children come indoors. Tiny ticks may be hard to see in armpits, behind the knees, in the hair and in the groin.