

PREVENTION

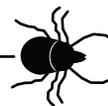


If you spend any time outdoors, chances are you are going to come in contact with a tick. By using the following precautions, you can reduce your chances of contracting a tick borne disease.

- ✓ **Wear light colored clothing.**
(they'll stand out better so you can pick them off)
- ✓ **Wear pants and a long-sleeve shirt.**
- ✓ **Tuck your pants into your socks.**
(prevent them from reaching your skin)
- ✓ **Wear suitable footwear.**
- ✓ **Apply DEET on skin to repel ticks.**
Products containing Permethrin can be used on clothes and gear.
- ✓ **Check pets for ticks before entering your home.**
- ✓ **Check yourself for ticks and shower immediately after coming in from the outdoors.**
- ✓ **When home, tumble clothes in the dryer for 30 minutes to kill ticks.**
- ✓ **At home, keep your lawn cut short and keep leaves away from your house.**

www.pikepa.org/tick.html

SUPPORT



4th MONDAY OF EACH MONTH
6:00 PM

PIKE COUNTY LAB & RADIOLOGY SUITE
750 ROUTE 739
LORDS VALLEY, PA 18428
(570) 775-4278

Wayne Memorial Hospital offers a monthly support group for those affected by tick borne diseases.



2nd SATURDAY OF EACH MONTH
10:30 AM - 12:00 PM

PIKE COUNTY PUBLIC LIBRARY
119 HARFORD STREET
MILFORD, PA 18337

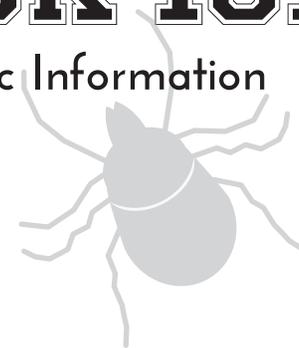
Our support group is for people with tick borne diseases and their families.

www.pikepa.org/tick.html



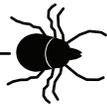
TICK 101

Basic Information



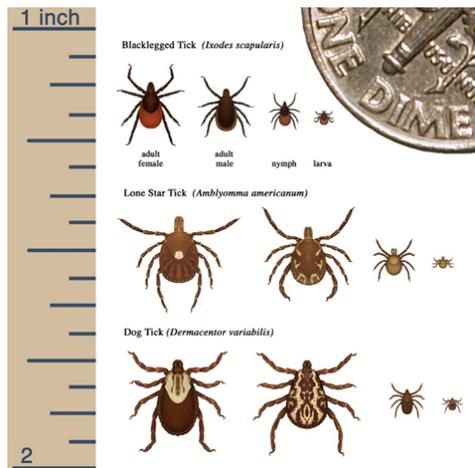
Compliments of the Pike County Commissioners

IDENTIFICATION



Pike County and the surrounding area have Blacklegged Ticks (commonly called Deer Ticks), Dog Ticks, and even Lone Star Ticks.

This image depicts the 3 ticks, in all their stages of development.



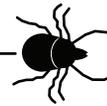
Source: Centers for Disease Control & Prevention

Did You Know?

Pennsylvania has led the nation in confirmed Lyme disease cases each year since 2011.

When detected early, Lyme disease and other tick borne diseases can be treated. Left untreated, tick borne diseases can cause a whole host of problems. Early diagnosis is important in preventing long term complications.

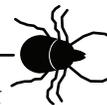
WHERE TO LOOK



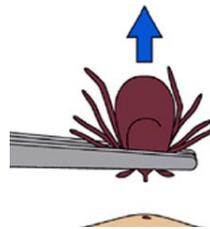
After coming inside, always check yourself for ticks. The highlighted areas are prime spots to find a tick as they seek out out-of-the-way crevices and warm spaces. Look closely, they are smaller than a freckle.



TICK REMOVAL



If a tick does manage to attach itself to you, use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.



Pull upward with steady, even pressure. Avoid twisting or jerking. Clean the bite area.

This information is provided for educational purposes only and is not a substitute for medical advice.

SYMPTOMS



Knowing you have had a tick on you, you might be more alert to watch for symptoms. Unfortunately, many times a tick will bite, feed, and let go before you ever notice it. Below are some common symptoms of a tick infection.

-  **Fatigue**
-  **Chills**
-  **Bull's Eye Rash**
(though does not appear in every instance)
-  **Fever**
-  **Headache**
-  **Muscle & Joint Pain**
-  **Rash**
-  **Joint Swelling**

Consult your doctor if you are experiencing any of these symptoms. A blood test can be done to determine if you have a tick borne disease.

TICK TESTING



There are a number of facilities that can test a tick to determine if it was a disease transmitter.

East Stroudsburg University..... (570) 422-7892
Wildlife DNA Laboratory

TickReport..... (413) 545-1057

For more complete information, visit our website
www.pikepa.org/tick.html