You’ve been bitten… now what?

- Don’t panic
- Remove the tick promptly
- Observe for signs of rash and/or flu-like symptoms
- Contact your health care provider with questions

Create a tick safe zone in your backyard

- Keep grass cut short
- Avoid long grass
- Avoid leaf litter
- Discourage deer and small rodents
- Consider targeted tick treatment
- How to get started -
  www.cdc.gov/lyme/prev/in_the_yard.html

Stay Safe From LYME DISEASE

Check head to toe on yourself and your family

In and around the hair

Inside belly button and around the waist

Between the legs

Under the arms

Back of the knees

For more information email:
lyme@loudoun.gov

Additional links:
www.loudoun.gov/lymecommission
and
www.loudoun.gov/lyme

Product of:
Loudoun County Health Department
Loudoun Lyme Disease Commission

Product of:
Loudoun County
Lyme Disease Commission
Lyme disease is an infection caused by the bacteria *Borrelia burgdorferi* and is transmitted by the bite of an infected blacklegged tick. Blacklegged ticks are in all parts of Loudoun County. Ticks are commonly found in wooded areas, areas with tall grass, and on low vegetation. Ticks may be in residents’ back yards.

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

**What is Lyme Disease?**

Possible signs, symptoms and complications of Lyme Disease can include:

- **Nervous system**
  - Bell's palsy
  - Severe headaches
  - Neck stiffness possibly due to meningitis
  - Shooting pains that interfere with sleep
  - Numbness or muscle weakness
- **Heart**
  - Inflammation of heart
  - Palpitations or changes in heartbeat
- **Joints**
  - Pain
  - Eventually arthritis

**Avoid picking up ticks**

- Tuck pant legs into socks
- Stay in center of trails
- Avoid tall grass, shrubs
- Examine your pets after being outside; even if treated with a repellent, pets can carry ticks indoors
- Examine coats and backpacks
- Remove clothing promptly
  - Tumble clothes in the dryer on high heat for 1 hour to kill remaining ticks
  - Shower after coming in from outdoors
- Consider tick repellent
  - Care should be used when applying to children
  - Consider permethrin on pants, socks and shoes
  - [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents)

**Quick tick facts**

- Ticks do not jump
- Ticks vary in size making them hard to find on the body
- Ticks like warm, dark places
- Tick hosts — people, pets and other animals, such as deer and mice
- Most people do not realize they have been bitten by a tick
- Ticks can also carry other infections, such as those causing Rocky Mountain spotted fever, anaplasmosis, babesiosis, borrelia, and ehrlichiosis

**Do full body checks on yourself and your family as soon as you come inside, and at least daily.**

**How to remove a tick**

- Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible
- Pull upward with steady, even pressure
- After removing the tick, thoroughly clean the bite area and wash your hands with soap and water
- Dispose of tick by flushing down the toilet