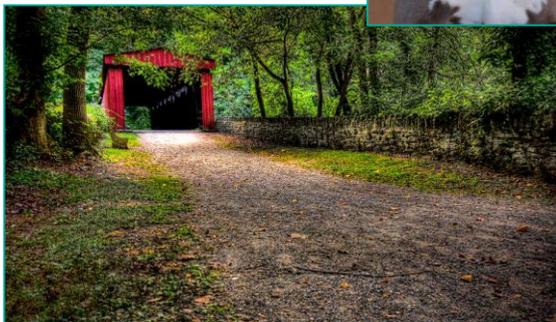
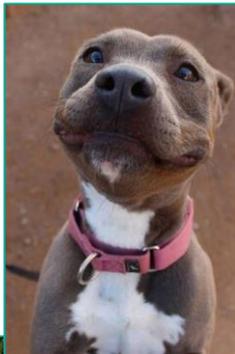


Tick sizes compared to one US Dime

- Ticks can't fly, but they can jump. Check yourself after walking through grasses
- It takes about 24 hours for a tick to find a place to bite you
- Minimize the likelihood by wearing DEET, checking yourself, and showering upon entering your house
- If you're camping or hiking with your pet, make sure they have on a tick collar – ticks will jump hosts from your pets to you



If you need to remove a tick, make sure you grab below the head to prevent squeezing any infected blood back into your system



LYME DISEASE IS HERE TO STAY

Warming weather due to climate change means more opportunities to come face-to-face with black-legged ticks and Lyme Disease



The EM (*erythema migrans*) rash is a common symptom of Lyme Disease

Lyme disease rates are increasing!

Lyme disease is spread by tick bites and ticks are a YEAR-ROUND problem

Spread by the **Black-legged tick** (*Ixodes scapularis*) also known as the **Deer tick**, Lyme Disease is a bacterial infection extremely prominent in the **Mid-Atlantic and Northeast** regions of the United States

Common Signs and Symptoms:

- Bull's-eye Rash
- General malaise
 - Headache
 - Fever
- Aches and Stiff Joints

However: Not everyone has these symptoms!

If you've been outside in **tall grasses** or **woods** and haven't been feeling well,

LET YOUR PRIMARY CARE PROVIDERS KNOW!



A tick after having fed on a host

The weather is warmer so we're outside more! The more you're outside, the more you should check for ticks!



If you are someone who spends time in the woods or tall grasses and notice a "bull's-eye" rash or any flu-like symptoms, see your doctor.

While the earliest symptoms* are mild, if left untreated, the bacterial infection can worsen to have harmful, neurological complications.

Getting Lyme is not the end of the world! After a full course of antibiotics, you can be right back to normal!

*If you're infected, it could take up to three weeks to show some if any symptoms.

