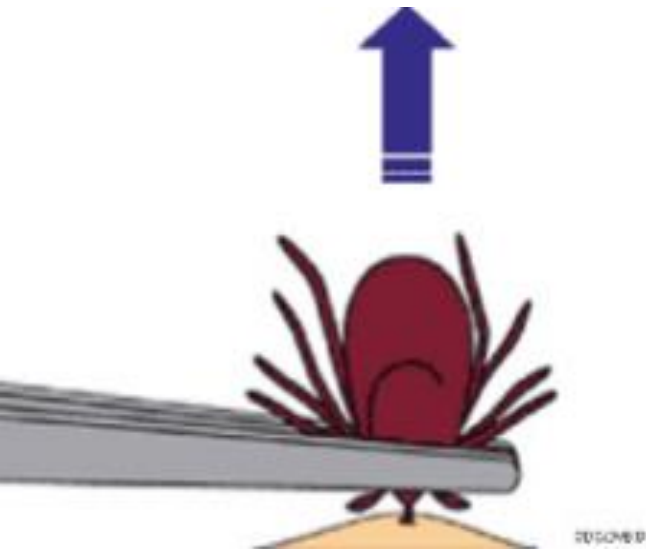


How to Remove a Tick

1. Immediately remove the tick
2. Use tweezers, gloves or paper
3. Grasp the tick as close as possible to the surface of the skin and pull upward



Do not

- Twist or squeeze the tick
- Crush the tick because it may contain bacteria
- Use nail polish or heat to remove it

OUTSIDE REFERENCE:

The Lyme Disease Network

Assisting the DC Metropolitan Area

Educating the public about the prevention and treatment of Lyme and other tick borne diseases.

Discussion support groups, online library, legal resources, medical abstracts, pictures, links, answers to your questions.

Visit them online at

<http://www.lymenet.org>

DC Department of Health Animal Services Program

899 North Capitol Street NE

2nd Floor

Phone: (202) 535-2323

Fax: (202) 442-4817

TTY: 711

DC Health Website

Visit our website for information
on Zoonotic Diseases:

<https://dchealth.dc.gov/page/zoonotic-diseases>

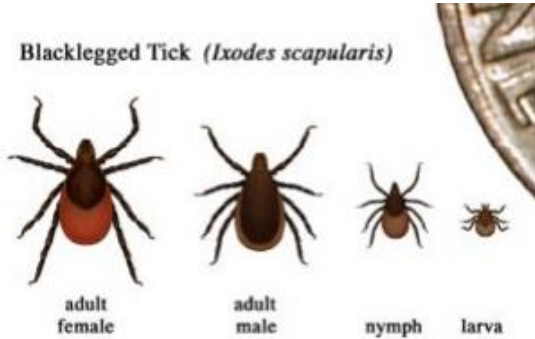
Preventing Lyme Disease



What is Lyme Disease?

- An illness that is caused by bacteria transmitted from the bite of a Black Legged Tick
- Some ticks are very small; a tick that transmits Lyme disease may be smaller than a sesame seed

Blacklegged Tick (*Ixodes scapularis*)



- Ticks are most commonly found in the woods, bushes, shrubs, leaf litter and tall grass
- Remember—ticks may be found in your own backyard



What are the Symptoms?



Early symptoms

- Bull's eye rash within 30 days of the bite
- Chills, Fever and fatigue
- Muscle and joint pain

Long-term symptoms

- Loss of muscle tone
- Arthritis
- Chronic neurological problems
- Heart palpitations

Treatment

- Seek medical attention if any of the signs and symptoms develop
- Can be treated with antibiotics such as tetracycline

Prevention

- Avoid tick infested areas (bushes, brush and overgrown grass)
- When hiking, walk in the center of the trail when in woods or high grass, Stay away from brushy areas, high grass and leaf litter

Use tick repellent with DEET

- Wear long-sleeved and light colored shirt and long pants
- Check for ticks

