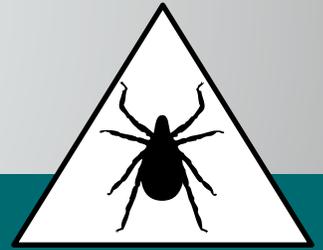




Understanding Tick Bites and Lyme Disease



How to prevent tick bites



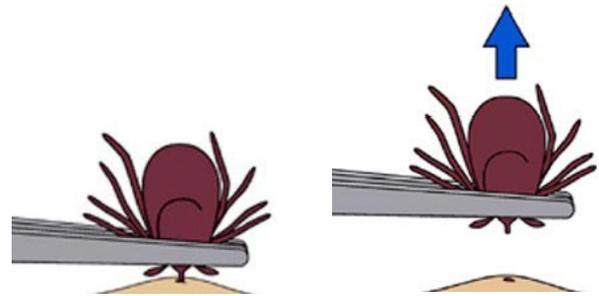
Ticks can spread disease, including Lyme disease.

Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.

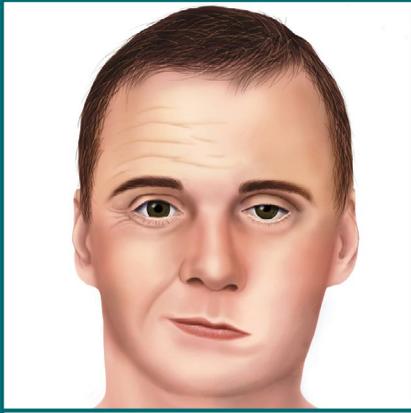


Notes:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.



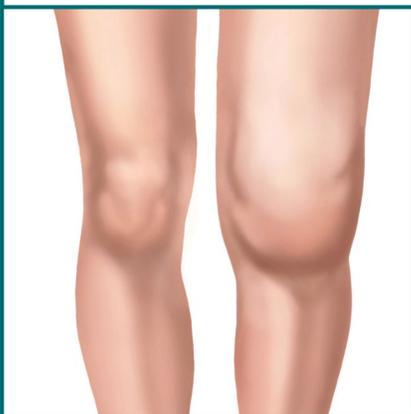
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Facial paralysis.



Bull's eye rash on the back.



Arthritic knee.



When to see your healthcare provider

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing a tick or spending time in tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks may live.

If left untreated, Lyme disease can affect the joints, heart, or nervous system.

Antibiotics treat Lyme disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. The antibiotics most commonly used to treat Lyme disease include: doxycycline, amoxicillin, or cefuroxime axetil.

Looking ahead to recovery

Rest and take antibiotics as prescribed. Recovery may take several weeks or longer.

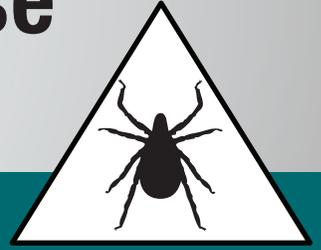
Some people wonder if there is a test to confirm that they are cured, but there is no such test. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after you have been treated. A positive test doesn't mean you are still infected. It simply means that your immune system remembers your infection.

You can get Lyme disease again if you are bitten by another infected tick, so protect yourself from tick bites.

***For more information see www.cdc.gov/Lyme
and www.cdc.gov/Ticks***



Ticks and Lyme Disease



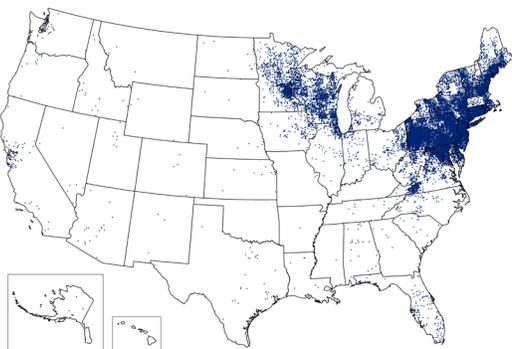
Children and Lyme disease



Reasons to suspect that your child might have Lyme disease:

- You live in or have recently visited an area where Lyme disease is common.
- You recently found a tick on your child (although these very small ticks can go unnoticed).
- Your child has rash, fever, chills, exhaustion, joint swelling, muscle pain, new heart palpitations, or drooping on one or both sides of the face.

Reported Cases of Lyme Disease - United States, 2017



1 dot placed randomly within county of residence for each confirmed case

If you suspect that your child might have Lyme disease, please see his or her healthcare provider.

Diagnosing Lyme disease

Your child's healthcare provider may treat him or her for Lyme disease based on symptoms or may decide to run blood tests. Blood testing for Lyme disease is more accurate 4-6 weeks after the start of the illness than in the first days or weeks of illness.

Treating Lyme disease

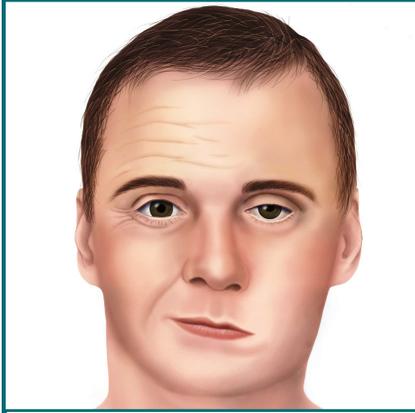
People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely.

Children who are diagnosed with Lyme disease should be treated with antibiotics promptly. A typical treatment course for children of all ages with early Lyme disease would be 10 – 21 days of doxycycline, amoxicillin, or cefuroxime.

Treating early in the course of disease is important to prevent rare complications of Lyme disease, such as joint, heart, or nerve problems.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Facial paralysis.



Bull's eye rash.



Swollen knee.

Looking ahead to recovery

Make sure your child rests and takes antibiotics as prescribed. Recovery may take several weeks or longer.

Some people wonder if there is a test to confirm that they or their family members are cured, but no such test exists. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after treatment. A positive test doesn't mean that your child is still infected. It simply means that his or her immune system remembers the infection.

Your child can get Lyme disease again if bitten by another infected tick, so protect him or her from tick bites.

Protect yourself and your family

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
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For more information see www.cdc.gov/Lyme and www.cdc.gov/Ticks