

Protecting Against Ticks

- Ticks usually jump on one from high grasses, bushes, ground areas
- Cover up! Ticks love bare skin
- Wear slick boots to garden
- Wear hair up/covered
- Spray or plant garlic or organic repellents—studies say they work
- Check skin/hair after each outdoor trip, remove ticks immediately with tweezers
- Check pets, too!
- Clear brush where ticks hide
- Mow to 3", don't overgrow lawn

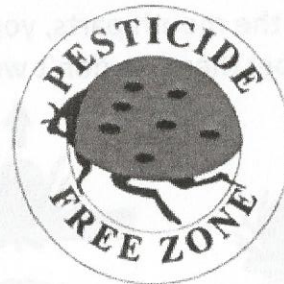
RESOURCES

Centers for Disease Control and Prevention,
www.cdc.gov/lyme/prev/index.html
New Canaan Health Dept, (203) 594-3018
New Canaan Nature Center, (203) 966-9577

SOURCES FOR ORGANIC TICK CONTROL

Country Green, (203) 268-2922
Green Care, (203) 984-0145
Greenskeeper, (203) 459-0424

Safe repellents for the body are available at
New Canaan Healthfare.



PESTICIDE-FREE NEW CANAAN

www.pesticidefreenc.org
E-mail: pesticidefreenewcanaan@yahoo.com

PESTICIDE-FREE NEW CANAAN

Protecting Against Ticks and Lyme Disease



www.pesticidefreenc.org

Tick Talk: Five Frequently Asked Questions

Who is at risk of exposure to ticks and Lyme or other tick-borne illnesses?

A: Everyone who spends time outdoors or is near animals that spend time outdoors.

Where are ticks most prevalent?

A: In the woods, tall grass, or brushy, shady areas. Piles of leaves and other debris attract ticks. Ticks tend not to like mowed grass or playing fields that are in the sun, because they're too hot.

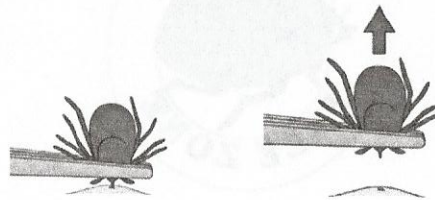
What can we do to protect ourselves?

A: Avoid walking through tall vegetation, cover arms and legs with light clothing, wear a hat, and tuck your pants into your socks. Your best defense against ticks is to check yourself, your kids, and your pets daily—before showering or bedtime.

How do I check for and remove a tick and WHY should I save it?

A: Using your fingers, feel your way over the skin—underarms and behind knees, in and around ears, inside belly button and between the legs, around the waist and in and around the hair. Ticks can be as small as a pin head or as large as a pencil eraser, but you really can feel them (like a small skin tag that wasn't there before).

If you find an attached tick, use tweezers to grasp the tick from its mouthpart (the part closest to your skin). Apply firm, steady pulling pressure to slowly pull the tick out, aiming to remove the mouth parts (if you don't get all the mouth parts, your body will naturally expel them, so don't worry).



Save the tick in a Ziploc bag and take it to the New Canaan Health Department (848 Weed St., 7:30am-4:15pm) for identification and Lyme testing. If the tick is positive for Lyme disease, see your doctor for antibiotics. Keep in mind that not all ticks carry disease, and that most ticks found within 24 hours don't have time to transmit a tick-borne illness.

When should I wear insect repellent or spray my property for ticks?

A: There are natural and organic insect repellents that help repel ticks and are safe to use on the skin, but nothing (not even DEET) is 100% effective. If your property is especially prone to ticks, organic tick spraying is effective and much safer to humans and pets than its chemical counterpart. However, nothing is foolproof. The best defense is to thoroughly check yourself, your children, and your pets daily.

Symptoms of Lyme Disease

Tick-borne disease can present in myriad ways, from mild symptoms easily treatable with antibiotics to severe infections requiring hospitalization. Early detection and treatment decrease the risk of serious complications. The most prevalent tick-borne illness in our area is Lyme Disease. See your doctor immediately if you have been bitten by a tick and experience any of the following symptoms:

- Fever, chills;
- Excessive fatigue;
- Aches and pains, including in joints;
- Swollen lymph nodes;
- Rash, beginning at the site of a tick bite and gradually expanding, often into a bull's eye.