

LYME DISEASE PREVENTION TIPS

Who is at risk for Lyme Disease?

Anyone who works or plays outdoors is at risk. Deer ticks like cool, moist environments, such as areas of tall grass around the edge of yards, wooded areas, or roadsides. Outdoor workers, gardeners, campers, hikers, people who hunt or fish, golfers who stray into the rough, people who live in the city but go for a picnic in a park are all at risk. Children are especially vulnerable since they tend to run and play without caution.

Deer bring the ticks to your yard; birds and other animals also help transport the ticks. But mice are the principal culprits in spreading the disease. Most mice carry the Lyme bacteria and mice often have many deer ticks attached to them. A tick seeking a blood meal will bite a mouse, infecting the tick. Deer ticks can also transmit other diseases at the same time including: Babesiosis, Ehrlichiosis, Bartonella, Rocky Mountain Spotted Fever, etc. Ticks are accurately described as a cesspool of disease. The spring and summer months are the "Prime Time for Lyme," however you can be bitten year-round. Ticks are active anytime the temperature is above 40 degrees.

Personal Prevention Tips

Avoid sitting directly on the ground, on stone walls, wood piles or fallen logs; use a blanket or other ground cover. Walk in the center of trails. Check yourself for ticks periodically while in tick-infested areas.

Clothing

Wear light-colored long pants and long sleeves and white closely knitted socks. Tuck your shirt into your pants and tuck your pants into your socks. This will help prevent a tick from crawling under your clothing and getting to your skin. Wear a hat to protect your head.

Rynoskin protective underwear is made of a closely knitted but breathable stretch fabric that ticks have difficulty penetrating. It is especially helpful for hunters and those outdoors when the weather is cooler. It is available in long sleeved tops, long bottoms, socks, hoods and gloves.

What is Permethrin?

Permethrin is a synthetic chemical developed to simulate the natural chemical pyrethrum that protects plants from insect attack. It is different from regular insect repellents in that it will kill insects and deer ticks as well as repel them. One treatment lasts 2 weeks or more. It was developed in the 1970s by the Department of Agriculture and has been used successfully since then.

Permethrin Deer Tick Insecticide

Spray your boots, socks, pants, sleeves, gloves, and hat with permethrin spray. Apply it outdoors, and do not apply it to your skin. Follow all label directions carefully.

Skin Protection

Insect repellents containing DEET can be used on skin or clothing. Many authorities suggest you use repellents with less than 10% DEET on the skin of children. All repellents should be applied to the skin carefully. Follow label instructions and avoid getting the repellents in the eyes.

After Returning Indoors

Perform a careful tick check after returning indoors. Deer ticks are tiny and difficult to see. If possible, have someone else inspect you. Be sure to check your hairline. Parents should check their children whenever they have been outdoors and might have been exposed to ticks.

If you do find a deer tick attached, it must be removed properly. Use fine pointed tweezers and grasp the tick as close to the mouth parts as possible. Pull gently straight out. Do not put petroleum jelly, alcohol or any irritant on the tick or try to get the tick to release by putting a lit match on it. Any agitation might cause the tick to regurgitate the Lyme bacteria into you. Save the tick in a plastic bag or vial with a moistened cotton ball for identification and testing. After removing the tick, call your doctor promptly. If the tick is infected with the Lyme bacteria, early diagnosis and antibiotic treatment is the key to recovery. Delay will allow the Lyme bacteria to disseminate into tissue in the body where the antibiotics are less effective.

After returning inside, wash and dry your clothes immediately. Some people put the clothes in a trash bag then spray with permethrin and tie up the bag. This should kill the ticks or other insects before washing. Running your clothes through a 30 minute hot cycle in a dryer will also kill ticks.

Have a great DEER TICK-FREE year outdoors

Enjoy the outdoors but be wise and protect yourself.

Protect your children.

Mention of brand names does not constitute endorsements by LDASEPA. The information here is not intended to be a substitute for sound medical advice from your physician.

Rynoskin, Ham-Son, Inc. P0 Box 10772
Midwest City, OK 73140 405-737-2494
Information and ordering information can be found at
www.rynoskin.com

Permethrin spray is available under several brand names including: Sawyer, Duranon, Permanone, etc. It can be found in retail stores including: Sports Authority, Dicks, and Pickering Feed. Look in the camping section.

Permethrin yard spray
Bartlett Tree Experts
P0 Box 177, Exton, PA 19341 610-594-4740

Sprays containing **DEET** are widely available under many brands including: OFF, Deep Woods OFF, Cutters, Ben's etc.
Damminix - Local sources: Brandywine Hardware, Pocopson, PA (Corner of Route 926 and Pocopson Road), and Agway West Chester on Matlack Street

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