



What you need to know about Lyme disease

Lyme disease is spread by infected deer (or bear or black-legged) ticks through contact with your skin. Pets are also susceptible. Ticks attach themselves to you. They cannot jump or fly. They are mostly found in grassy, bushy or wooded areas.



How to prevent getting a tick bite

- Use insect repellent with 20 percent to 30 percent DEET on exposed skin.
- Use repellent containing permethrin on clothing, shoes and camping gear (Do not apply to skin).
- Take a shower as soon as you can after working or playing outdoors.
- Look for ticks on your body. Ticks attach anywhere, but they like body creases such as armpits, groin, backs of the knees and nape of the neck.



What to do if you get a tick bite

- 1** Remove ticks immediately from your skin. Find out [how to remove a tick](#) from the Centers for Disease Control and Prevention (www.cdc.gov/lyme).
- 2** Be on the lookout for [symptoms of Lyme disease](#): any type of rash, fever, muscle aches or fatigue. It can take two to 32 days for symptoms to appear.
- 3** Contact your doctor immediately if you have any symptoms. Untreated Lyme disease can spread to the joints, heart, and nervous system.

Sources: Centers for Disease Control and Prevention, the American Lyme Disease Foundation, WebMD and the Connecticut Department of Public Health.

You should know...

Lyme disease is caused by bacteria. Early treatment with oral antibiotics almost always cures Lyme disease. Prevention and early detection are key!



Good resources:

- [Centers for Disease Control and Prevention](#)
- [Connecticut Department of Public Health](#)
- [WebMD](#)

Questions? Get in touch!

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