The Pennsylvania Department of Health has identified an increase in tick bite-related emergency department visits in nearly all regions of the state.

What is Lyme Disease?

• Caused by bite of infected black legged tick
• Tick needs to be attached for 24-36 hrs before transfer of bacteria
• Red rash may appear from 3 days to several weeks
• Symptoms: bull’s eye rash, fever, headache, fatigue, muscle and joint pain (may disappear within 10 days)
• If left untreated Lyme disease can affect the nervous system, joints and heart

HOW TO PROTECT YOURSELF...

1 PREPARE
• Wear light colored clothing, long-sleeved shirts, long pants, socks and shoes
• Tuck pants into your socks
• Plan to put clothes into a hot dryer to kill ticks

2 TAKE ACTION
• Ticks are more visible on light colors and harder to attach on clothing
• Use an insect repellent with DEET or Icaridin

3 FOLLOW-UP
• After being outside check body for ticks
• Focus on armpits, groin, scalp and back
• Showering can help remove any ticks not yet attached

How To Remove Tick
• Grasp tick by the head close to skin
• Pull straight out with steady even pressure using tweezers
• Clean the bite area with soap and water and write down date removed

For More Information...
Call: 610-278-5117
Scan: QR code or visit www.montcopa.org/lyme

Montgomery County Board of Commissioners
Valerie A. Arkoosh, MD, MPH, Chair
Kenneth E. Lawrence, Jr., Vice Chair
Joseph C. Gale, Commissioner

MONTGOMERY COUNTY HEALTH DEPARTMENT
SPRING/SUMMER 2017

Ticks and Lyme Disease
Don’t let a tick make you sick!

Unfed Tick
• This tick was probably attached to body for less than 24 hours
• Not enough time to transfer the bacteria

Fed Tick
• This tick has been attached for a longer period of time
• May have transferred the bacteria
• Consult health care provider