

# Preventing Tick Bites & Tick-Borne Diseases

Presented by: PA Lyme Resource Network

Tuesday, October 16th

6 PM at Charles Brightbill Environmental Center

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# Tick-borne infections are preventable... awareness is the first step to

**action.** Lyme can be serious if not diagnosed and treated early. Ticks are a statewide risk. A recent PA Environmental Protection study reported Lyme and other tick-borne diseases in all 67 counties. PA has led the nation in new cases.

### Learn how to prevent tick bites and Lyme & tick-borne diseases. Our seminar covers:

- Ticks and tick-borne diseases
- Preventing tick bites
- Acting if bitten by a tick

- Recognizing early symptoms
- Seeking help if you get sick
- And much more

#### How Tick Aware Are You?

- 1. What's the best way to remove a tick?
  - a. squash it as soon as possible
  - b. stun it with nail polish
  - c. use pointy tweezers to pull it straight out
- d. use a twister to twist tick out
- 2. What step offers you the most protection from ticks?
  - a. tuck socks into long
  - b. spray your skin with DEET
  - c. wear clothes treated with Permethrin spray
  - d. wear shoes and socks treated with Permethrin
- 3. What % of ticks in PA carry multiple tick diseases?
  - a. 0 5% b. 10-15%
  - c. 20-60% d. 100%
- 4. What % of Lyme cases result in persistent symptoms?

a. 0-5% b. 10-15%

c. 20-40%

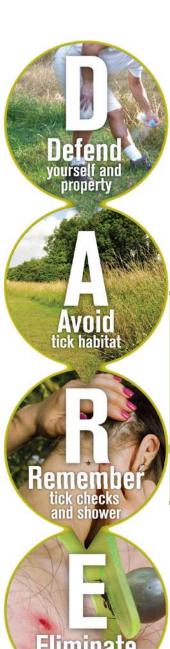
d. 80%

Answers: 1-c, 2-d, 3-c, 4-c

## The Dare 2B Tick Aware Program

Prevention brochures—Dare to Prevent (personal prevention, yard and pet), Dare to Act (tick checks, what to do if you find a tick on you) and a tick identification card are available for download at <a href="http://palyme.org/dare-2B-tick-aware.html">http://palyme.org/dare-2B-tick-aware.html</a>. The DARE 2B Tick Aware program uses the most current research available.

\*This project is funded by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant.



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