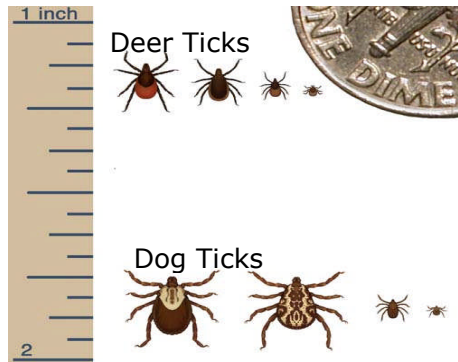


## Identifying Deer Ticks



Ticks shown are (from left to right): adult female, adult male, nymph, larva

### Did You Know...

- Lyme Disease can be found in every county in Massachusetts
- Cases in Natick have been steadily increasing since 1995
- There were 42 cases in Natick in 2006
- The average age of infection in Natick between 1999-2005 was 37 years

For more information, please contact the Natick Board of Health at (508)647-6460 or visit our website: <http://natickma.gov/health>

Additional information can also be found through the Massachusetts Department of Health or the Centers for Disease Control and Prevention

[www.mass.gov/dph](http://www.mass.gov/dph)

<http://www.cdc.gov/ncidod/dvbid/lyme/index.htm>

# Lyme Disease



## How to Protect Yourself this Summer

Brought to you by the Natick Board of Health

## Background

Lyme Disease (LD) is a bacterial illness carried by deer ticks. When an infected tick bites a person, there is the likelihood of human disease. Some symptoms commonly associated with LD include fever, headache, fatigue, and rash. This rash is observed in 80% of cases and typically takes a bulls-eye shape. Lyme disease is treatable with antibiotics, however infections left untreated can spread to joints, the heart, and nervous system.

## Protect Yourself

Lyme disease can be prevented by following a few simple steps:

- Check yourself daily for ticks
- Stick to main pathways while hiking
- Wear long-sleeves and tuck long pants into socks
- Use tick repellent containing DEET



## Protect Your Property

- Keep grass cut short
- Remove leaf litter from around your home
- Prune low lying bushes
- Use a 3 foot woodchip, mulch, or gravel barrier where your lawn meets the woods

## **Remove attached ticks immediately**

The longer an infected tick remains attached to a person, the higher the likelihood of disease transmission.

- Use fine point tweezers and grab tick as close to the skin as possible
- Do not squeeze or twist the tick
- Do not apply kerosene, petroleum jelly, nail polish, or a hot match tip to remove the tick

