



WASHINGTON COUNTY

SAFETY OFFICER

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The Safety “PINS”

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LYME DISEASE ALERT

DO A THOROUGH BODY CHECK FOR TICKS AFTER BEING OUTDOORS.

How To Remove A Tick



- Using tweezers, grasp tick near the mouth parts, as close to skin as possible.
- Pull tick in a steady, upward motion away from skin.
- DO NOT use kerosene, matches, or petroleum jelly to remove tick.
- Disinfect site with soap and water, rubbing alcohol or hydrogen peroxide.
- Record date and location of tick bite. If rash or flu-like symptoms appear contact your health care provider immediately.



Deer tick size (left to right)
larva, nymph, adult

DISEASE RISK IS REDUCED IF TICK IS REMOVED WITHIN 36 HOURS.

New York State Department of Health

Lyme disease is a bacterial infection caused by the bite of an infected deer tick. Untreated, the disease can cause a number of health problems. Patients treated with antibiotics in the early stage of infection usually recover rapidly and completely. There are about 30,000 confirmed cases of Lyme disease reported every year.

Deer ticks live in shady, moist areas at or near ground level. They will cling to tall grass, brush and shrubs, usually no more than 18 – 24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around stone walls.

Deer ticks cannot jump or fly, and do not drop onto passing people or animals. They get on humans and animals only by direct contact. Once a tick does get on the skin, it generally climbs upward until it reaches a moist protected area.

Here are some ways to protect yourself, while spending time in the outdoors:

- Wear light colored clothing
- Tuck pant legs into socks or boots and shirt into pants.
- Check clothes and any exposed skin frequently for ticks
- Consider using insect repellent 20 –30% deet, but be sure to follow the directions closely
- Stay on cleared, well traveled trails, avoid contacting vegetation whenever possible
- Take a shower as soon as possible after being outdoors where ticks may inhabit
- Do a final full-body tick check at the end of the day and remove ticks promptly
- Avoid sitting directly on the ground or on stone walls

