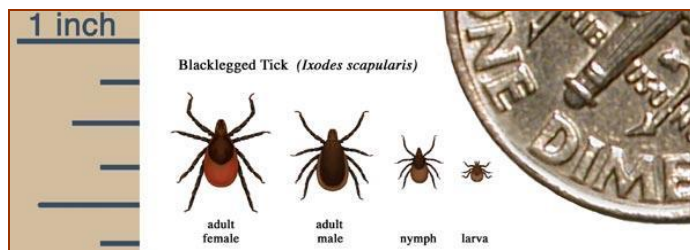


The best way to prevent Lyme disease is to prevent tick bites.

To prevent tick bites:

- Stay on hiking trails. Avoid walking through high grass and bushy areas.
- Use insect repellents that are labeled for ticks. Follow the directions on the label carefully. For more information on the safety and efficacy of repellents please go to <http://cfpub.epa.gov/oppref/insect/>.
- Permethrin is an insecticide that can be applied to clothing or gear. If you spend a lot of time in tick habitat, wearing permethrin-treated clothing can be very effective at reducing your exposure to ticks.
- Wear long pants and long-sleeved shirts to minimize skin exposure to ticks.
- Wear light colored clothing so that it is easier to see ticks, and tuck your pants into your socks. Wearing permethrin-treated gaiters may also be helpful.
- Check yourself, your children and your pets for ticks daily and remove ticks promptly. A tick may look like nothing more than a new freckle or speck of dirt.
- Shower soon after you come inside if you have been in tick habitat.



The blacklegged tick, commonly known as the deer tick, is responsible for the transmission of Lyme disease.

If you find a tick on you or your pet:

- There is no need to panic. Not all ticks are infected, and in order to transmit Lyme disease, most ticks must be attached for at least 36 hours.
- Using a pair of pointed tweezers, grasp the tick by the head or mouthparts right where they enter the skin. DO NOT grasp the tick by the body. Without jerking, pull firmly and steadily outward.
- Wash your hands and the area of the bite with soap and water.

Look for signs of Lyme disease and other tickborne diseases:

- An early sign of Lyme disease can be a rash that spreads but is not itchy or painful. It generally occurs three days to one month after a tick bite.
- Other signs of Lyme disease and other tickborne diseases include tiredness, fever, body aches and joint pain.
- If you think you may have Lyme disease or another tickborne disease, contact your healthcare provider.
- Lyme disease and most tickborne diseases can be treated successfully with antibiotics.

Control Ticks Around Your Home

Apply Pesticides to Control Ticks

A pesticide designed to kill ticks is sometimes called an acaricide. Acaricides can be very effective in reducing tick populations. If properly timed, a single application at the end of May or beginning of June can reduce tick populations by 68 – 100%.

The Environmental Protection Agency and the Vermont Agency of Agriculture, Food and Markets (VAAFAM) determine the availability of pesticides. Check VAAFAM for information about the best time to apply acaricide in your area and about rules and regulations related to pesticide application on residential properties

(<http://www.vermontagriculture.com/ARMES/plantindustry/entomology/index.html>). Or contact a professional pesticide company to apply pesticides at your home.

Create a Tick Safe Zone

Use landscaping techniques to create a tick-safe zone around homes, parks, and recreational areas. Ticks that transmit Lyme disease thrive in humid wooded areas. They die quickly in sunny and dry environments. Here are some simple landscaping techniques to help reduce tick populations.

- Remove leaf litter and clear tall grasses and brush around homes and at the edges of lawns.
- Place wood chips or gravel between lawns and wooded areas to restrict tick migration to recreational areas.
- Mow the lawn and clear brush and leaf litter frequently.
- Keep the ground under bird feeders clean.
- Stack wood neatly and in dry areas.
- Keep playground equipment, decks and patios away from yard edges and trees.



Courtesy of CT Agricultural Experiment Station, New Haven
<http://www.ct.gov/caes/lib/caes/documents/publications/bulletins/b1010.pdf>

New Tools for Tick Control

Other methods for controlling ticks currently under evaluation include vegetation and habitat modification, devices for applying topical acaricides to deer, fungal agents for biological control, and natural extracts that safely repel ticks.

For more information, call the Vermont Department of Health (800-640-4374 or 802-863-7240) or the Vermont Agency of Agriculture (802-241-3545)