

## LYME DISEASE

Over the years, several CEOE staff have contracted **Lyme disease** and have required medical treatment. There is much information on Lyme disease and you are encouraged to go to the Centers for Disease Control and Protection web site at <http://www.cdc.gov/lyme/> for detailed information.

The CDC makes some recommendations to **prevent exposure or direct contact with ticks**:

- 1) When working in wetlands, wooded and bushy areas with high grass and leaf litter, it is important to wear long pants tucked into boots and long sleeve shirts so that ticks cannot get easy access to the skin. Stay in the center of trails as much as possible.
- 2) Use repellents that contain 20% or more DEET (N, N-diethyl-m-toluamide) on exposed skin for protection that lasts up to several hours. Always follow product instructions.
- 3) Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- 4) Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- 5) Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs. Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.