



Protect Yourself and Your Family
Against Lyme Disease.

Important facts & information



Dear Friends:

The time of year has come when we spend time outside in warm, sunny weather with our children and pets, but we must make sure we're protecting ourselves. A rising deer population and the deer tick's propensity to embed itself in the fur of many small animals are responsible for an epidemic of Lyme Disease. Tick-borne illnesses such as Anaplasmosis, Ehrlichiosis, Powassan Disease, Tularemia, Babesiosis, and Rocky Mountain Spotted Fever can be fatal. To help ensure your family's safety, I have provided information to help protect your family from ticks and Lyme Disease this summer.

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WHAT IS LYME DISEASE?

Lyme Disease is caused by bacteria transmitted to humans by the bite of a tick. Symptoms can include fever, chills, swollen glands, headache, fatigue, and a rash resembling a bull's eye or a solid patch around the site of the bite.

HOW TO REMOVE A TICK:

Use fine-pointed tweezers

Grasp the tick as close to the skin as possible

Pull upward with steady, even pressure; do not jerk or twist as this can cause the mouth-parts to break off and remain in the skin

Thoroughly clean the bite area with soap and water or rubbing alcohol

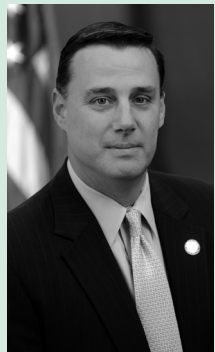
Dispose of tick by submersing in alcohol, placing in a sealed bag, or flushing down the toilet

GET THE FACTS:

According to a recent study by the New York State Department of Health, Suffolk County had 1,911 cases of Lyme Disease between 2011-2013 – the second highest total of any county in the state.

Babesiosis, Rocky Mountain Spotted Fever and other serious diseases are also spread via tick bites.

For more information, please visit
www.cdc.gov/lyme



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LEARN HOW TO PROTECT YOURSELF



1. Walk in the middle of trails, away from tall grass and bushes.
 2. Wear a long-sleeved shirt.
 3. Wear white or light-colored clothing to make it easier to see ticks.
 4. Wear a hat.
 5. Spray tick repellent on clothes and shoes before entering the woods.
 6. Wear long pants tucked into high socks.
 7. Wear shoes — no bare feet or sandals.
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Additional Tips:

Avoid wooded or grassy areas where ticks are often found.

Use a mirror to check for ticks on all parts of the body, especially the hair.

Place clothes in a dryer on high heat for at least an hour to effectively kill ticks hiding on clothing.

Pets can also be carriers of ticks. Make sure to check pets and put tick collars on them.