



# Preventing Tick Bites & Tick-Borne Diseases

Presented by: PA Lyme Resource Network

Tick-borne infections are preventable... awareness is the first step to action. Lyme can be serious if not diagnosed and treated early. Ticks are a state-wide risk. A recent PA Environmental Protection study reported Lyme and other tick-borne diseases in all 67 counties. PA has led the nation in new cases.

Learn how to prevent tick bites and Lyme & tick-borne diseases.

Our seminar covers:

- Ticks and tick-borne diseases
- Preventing tick bites
- Acting if bitten by a tick
- Recognizing early symptoms
- Seeking help if you get sick
- And much more

## How Tick Aware Are You?

### 1. What's the best way to remove a tick?

- squash it as soon as possible
- stun it with nail polish
- use pointy tweezers to pull it straight out
- use a twister to twist tick out

### 2. What step offers you the most protection from ticks?

- tuck socks into long pants
- spray your skin with DEET
- wear clothes treated with Permethrin spray
- wear shoes and socks treated with Permethrin

### 3. What % of ticks in PA carry multiple tick diseases?

- 0 - 5%
- 10-15%
- 20-60%
- 100%

### 4. What % of Lyme cases result in persistent symptoms?

- 0-5%
- 10-15%
- 20-40%
- 80%

Answers: 1-c, 2-d, 3-c, 4-c

## The Dare 2B Tick Aware Program

Prevention brochures—Dare to Prevent (*personal prevention, yard and pet*), Dare to Act (*tick checks, what to do if you find a tick on you*) and a tick identification card are available for download at <http://palyme.org/dare-2B-tick-aware.html>. The DARE 2B Tick Aware program uses the most current research available.

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