

TICK-ED OFF

Sponsored by Alison Welsh, PA
Sheepscot Valley Health Center

Nobody likes ticks - and for good reason! Not only do they disrupt summertime activities, but they also can carry diseases such as Lyme disease. Here is some advice about how to avoid letting these creatures get the best of you this summer.



How to keep ticks away when spending time in grassy or wooded areas:

- Wear light colored clothing so you can see ticks.
- Tuck your pants into your socks to keep ticks off of your skin.
- Use a repellent with DEET on your skin, and permethrin on clothing.
- Check your entire body and all your clothing carefully for ticks after spending time outdoors.

What to do if you find an attached tick:

- Remove it soon. Ticks usually need to be attached for at least 24 hours in order to transmit Lyme disease.
- Grab the tick with tweezers as close to the skin as possible and gently pull the tick upwards and out of the skin. If it does not release with gentle traction, call your health care provider.
- Don't twist or jerk because the mouthparts might break off in the skin.
- After removal, wash your hands and the bite area.
- Call your health care provider to determine your need for preventive treatment for Lyme disease.

If you develop a rash around the bite location or become ill after a tick bite, contact your medical provider.

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For more information go to:

www.aldf.com

<http://www.cdc.gov/Features/StopTicks>

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Bingham Area Health & Dental Center – Bingham
Belgrade Regional Health Center – Belgrade
Lovejoy Health Center – Albion
Madison Area Health Center – Madison
Mt. Abram Regional Health Center – Kingfield
Richmond Area Health Center – Richmond
Rangeley Family Medicine – Rangeley
Strong Area Health & Dental Center – Strong
Sheepscot Valley Health Center – Coopers Mills
Western Maine Family Health Center – Livermore Falls