



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?
 a. squash it as soon as possible
 b. stun it with nail polish
 c. use pointy tweezers to pull it straight out
 d. use a twister to twist tick out

2. What step offers you the most protection from ticks?
 a. tuck socks into long pants
 b. spray your skin with DEET
 c. wear clothes treated with Permethrin spray
 d. wear shoes and socks treated with Permethrin

3. What % of ticks in PA carry multiple tick diseases?
 a. 0 - 5%
 b. 10-15%
 c. 20-60%
 d. 100%

4. What % of Lyme cases result in persistent symptoms?
 a. 0-5%
 b. 10-15%
 c. 20-40%
 d. 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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