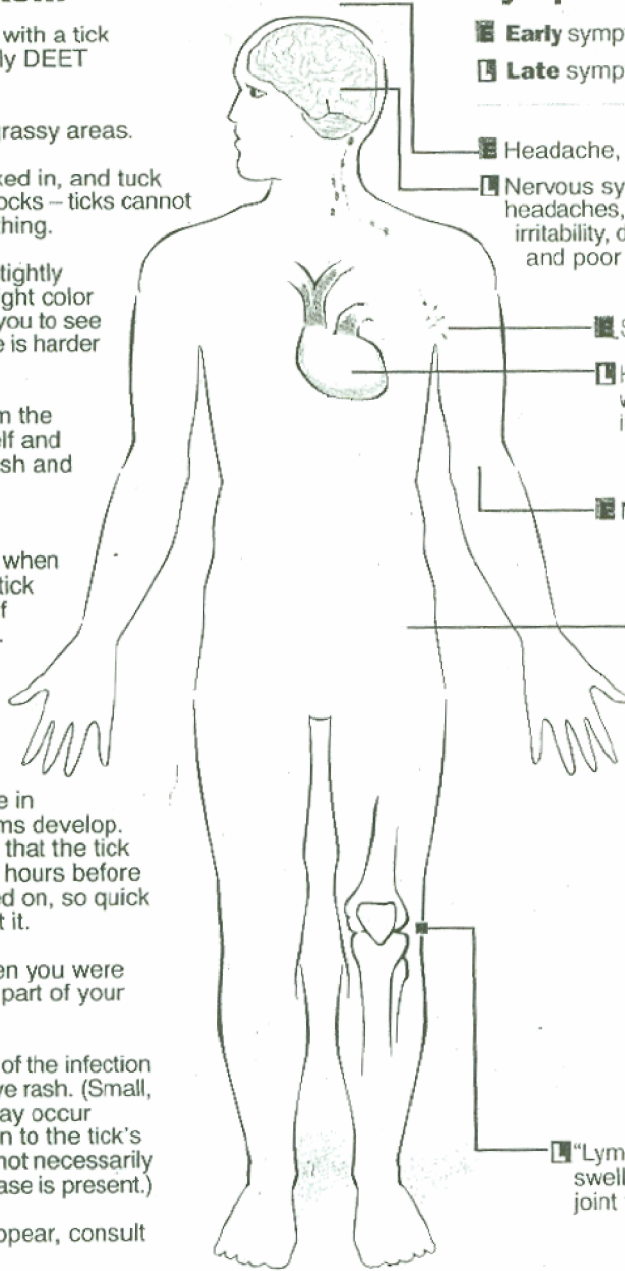


Avoiding ticks...

- Spray your clothing with a tick repellent. Do not apply DEET directly to skin.
- Avoid wooded and grassy areas.
- Keep your shirt tucked in, and tuck your pants into your socks — ticks cannot bite through your clothing.
- Wear light-colored, tightly woven clothes. The light color will make it easier for you to see the ticks. A tight weave is harder for ticks to grab.
- When returning from the woods, check yourself and children for ticks. Wash and dry clothes at high temperature.
- Check pets for ticks when they come in. Use a tick collar or some kind of repellent on your pet. Give them a flea-tick bath when possible.

If bitten...

- Remove tick immediately and save in a jar in case symptoms develop. Researchers believe that the tick must be attached 48 hours before the infection is passed on, so quick reaction may prevent it.
- Make a note of when you were bitten, and on which part of your body.
- Watch for any signs of the infection — mainly the bull's-eye rash. (Small, immediate rashes may occur because of a reaction to the tick's saliva, but this does not necessarily mean that Lyme disease is present.)
- If any symptoms appear, consult a doctor.



Symptoms to watch for...

■ **Early symptoms** — within a few days or weeks.

■ **Late symptoms** — weeks, months or years.

- Headache, fatigue chills and fever.
- Nervous system problems that can include headaches, difficulty in concentrating or sleeping, irritability, drooping facial muscles, poor memory and poor motor coordination.
- Swollen lymph nodes.
- Heart symptoms including weakness, dizziness and irregular heartbeat.
- Muscle and joint pain.
- A characteristic skin rash — a red circular patch that expands, often to a large size. The rash may lighten and darken as it radiates out from the center, giving it a bull's-eye shape. The rash may be warm, but it is usually not painful.
- Rash can develop behind the knee, in groin or armpit area.
- "Lyme arthritis" — joint pain and swelling; it can travel from one joint to another.

Lyme disease services in the region

HAVING A TICK IDENTIFIED

- The Dutchess County Department of Health offers free identification of ticks. Ticks can be mailed or delivered to the department headquarters at 387 Main Mall, City of Poughkeepsie. For information about the service, call **431-1644**.
- The state Department of Health also will identify ticks. Ticks should be sealed in a container with alcohol and mailed to: Tick Identification Service, New York State Department of Health, Box 509, Griffin Lab, Building 17, Albany, 12201-0509.

LYME DISEASE INFORMATION

- Dutchess Department of Health Lyme Disease Hotline: **431-1538**.
- The Dutchess County Department of Health publishes a free, quarterly Lyme disease newsletter, called Lyme Tick-ler. To be placed on the mailing list or contribute to the newsletter, call the department's Lyme disease hotline and leave your name and address.
- Dutchess United Way Tel-Med Tape Library: **473-2670**. Ask for tape No. 5002.
- Lyme Disease Foundation of Hartford, Conn.: **800-**

886 LYME (5963). The foundation is the only national organization involved in promoting research, education and advocacy. The hotline, operated 24 hours a day, provides information for schools, health care professionals, businesses and the public.

SUPPORT GROUP

- The Mid-Hudson Lyme Support Group meets on the second Wednesday of each month at 7:30 p.m. at Pleasant Valley Presbyterian Church, Route 44. The group, now in its seventh year, offers support and information.
- Dutchess County Lyme Support Group meets the second Saturday of month at the 7 Fox St. office of Dr. Stuart Feinstein. For information, call **471-0232**.

LYMENET

If you have access to electronic mail, you can subscribe to a regular Lyme disease newsletter. For the most current information on LymeNet subscriptions, contributions and other sources of information on Lyme disease, request the LymeNet Resource Guide. To obtain the guide, send a blank e-mail message to: **resource-guide@lymenet.org**.