Ontario County Public Health

Look out for Ticks!
Lyme Disease is more common than you think in our area.

Ontario County- Lyme Disease cases are on the rise in our community. We have more cases in certain areas of the county. For a map, check our website at https://ontariocountyny.gov/563/Lyme-Disease. Lyme Disease is transmitted to people and pets by infected ticks when they bite. If you have been bitten by a tick and develop symptoms, call your healthcare provider. The most common symptoms of early Lyme Disease are: Fever, chills, aches, painful joints, headache, fatigue, and rash. A rash may be the first sign of infection, appearing within 3-30 days. It is usually circular and looks like a bullseye. Early recognition and treatment of Lyme Disease decreases the risk of serious complications. See a healthcare provider immediately if you have been bitten by a tick and experience any of the symptoms described here.

Prevention of tick bites is the key to preventing Lyme Disease.

Avoid Direct Contact with Ticks
- Keep your yard neat; remove any trash, mow grass, and rake up cuttings.
- Walk in the center of trails, avoiding leaf litter, woody, brushy, and grassy areas.

Repel Ticks on Skin and Clothing
- Use repellent that contains 20 percent or more DEET or picaridin.
- Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Treat clothing and gear, such as boots, pants, socks, and tents with products containing 0.5% permethrin. Do not put permethrin on your skin.
- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off repellent and check for ticks.
- Toss clothes in a dryer on high heat for 10 minutes to kill ticks.

Ontario County Public Health is dedicated to keeping our residents and community healthy. For more information, please visit our website: **https://ontariocountyny.gov/563/Lyme-Disease**

###