

It's LYME Time...

The highest risk for Lyme Disease is mid April through September.

Protect yourself through frequent tick checks!

PREVENTION

Before Going Out:

- Wear light-colored, tightly woven clothing to make it easier to spot ticks
- Tuck shirts into pants and pants into socks
- Wear closed shoes/sneakers rather than open sandals
- Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents. It remains protective through several washings. Pre-treated clothing is available and remains protective for up to 70 washings.

While Outside:

Stay in the center of trails; avoid low bushes and leafy brush; periodically check clothing and skin for ticks and remove.

Upon Return:

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet)

For Your Pets:

Because dogs and cats can also develop Lyme disease, fit your pets with tick collars or treat them with a repellent product applied monthly to the skin. Speak to your veterinarian about this and other options. Frequent tick checks should also be done to find and remove ticks promptly.



Hunterdon County continues to have one of the highest rates of Lyme disease in the country. The disease is transmitted by the bite of an infected deer (black legged) tick. Common habitats for the deer tick are leaf litter in wooded areas, grassy areas along wooded edges and low bushes and shrubs. Deer ticks are not commonly found on athletic fields, cut lawns or agricultural fields. The majority of Lyme Disease cases are "caught" around the home. Children may be at particular risk because of the amount of time they spend playing outdoors.

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For more information on Lyme Disease, visit our website at:
www.co.hunterdon.nj.us/phn/lymeinfo.html