Lyme disease is the most common tick-borne disease in the United States and extremely prevalent in Maine. Lyme disease is passed to humans by the bite of the black legged tick (commonly known as the deer tick). Groundskeepers and other outdoor workers should take extra precautions in the spring, summer and fall to protect themselves when the ticks are most active.

**Recommendations for outdoor workers:**

- Wear light colored clothing and long sleeved shirts tucked into pants and long pants tucked into boots or socks.
- Apply insect repellent containing 20-30% DEET directly to your skin.
- Apply permethrin containing insecticides directly to your clothing.
- If possible check yourself completely for ticks during breaks and at the end of your shift.

**Deer Ticks**

Nymph--Adult
Symptoms/Detecting Lyme Disease:

- Lyme has many symptoms and can appear like many other common illnesses such as flu.
- A clear indicator is an expanding circle rash (bulls eye). Unfortunately not all workers infected with Lyme get the rash.
- Other symptoms include: chills, fever, joint and muscle pain, headache, and fatigue.

If you are bitten by a tick:

- Remove with a fine-tipped tweezers or tick spoon.
- Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure. Do not twist or jerk the tick; this may cause the mouthparts to break off and remain in the skin.
- Do not squeeze, crush, or puncture the body of the tick because its fluids may contain infectious organisms.
- After removing the tick, thoroughly disinfect the bite site and wash your hands with soap and water.

The Numbers:

- 70-80% percentage of workers who will get the tell tale bulls eye rash after contracting Lyme
- 24-48 hours The length of time an infected tick must be attached to spread Lyme
- 40 Degrees The temperature that deer ticks become active
Review / Discussion Questions:
1. In what areas on campus do you think ticks will most likely be found? Why?
2. Why is it important to find ticks on your body before they have become engorged?
3. How can you protect yourself at home from getting Lyme disease?
4. Discuss some of the symptoms of Lyme disease. What makes diagnosing the disease difficult?

Printed Name

Signature

Questions, concerns or comments contact the EHS Director at extension 5504.