

Ticks

Personal Protection Measures: always our best defense.

How can we protect ourselves?

- When out walking, it helps to stick to trails, rather than walking through brush.
- Following yard work and outdoor activities, it helps to take a shower shortly thereafter. A shower is no guarantee at all. If a tick has already attached, it will not wash off during a shower. The shower and act of washing does help with the discovery of an attached tick.
- Conduct daily tick checks! Pay attention to “new” freckles!
- After outdoor adventures & gardening, dry your clothes before washing them. The heat of the dryer will kill ticks (except the brown dog tick). Deer ticks carry most diseases.



Repellants and pesticides

- There are EPA approved repellants and there other so-called repellants that might have wonderful anecdotal evidence but the proof is lacking. So, I cannot offer you any sort of guarantee for those products
- With the EPA approved repellants, make sure you read the directions and details. It may not be approved or recommended for an infant, for instance.
- Repellants only repel; they don't kill. Since I have had three cases of Lyme disease, I am highly motivated to kill ticks! So, I use permethrin on my boots, socks, pants, shirts and gloves. Allow it to dry and it kills ticks and is good for up to five cold water washes. It is not intended for use on the skin.
- Don't believe in pesticides? Then, you have to be all the more careful with other measures.

What to do if we find a tick?

- First of all, know that if it is crawling on you, it did not transmit disease.
- Attached? Remove with tweezers and save, just in case for testing. (Don't put in alcohol.)

Cathy Drinan's favorite Tick-borne Disease Websites

1. TickEncounter <http://www.tickencounter.org/>
2. DPH <http://www.mass.gov/eohhs/gov/departments/dph/programs/id/epidemiology/ticks/public-health-cdc-tickborne-overview.html>
3. CDC <https://www.cdc.gov/ticks/>
4. <https://www.lymedisease.org/>

Presentation by Cathy Drinan on tick borne diseases: emerging trends and protection measures <http://area58.tv/video/tick-disease-prevention-forum-with-cathleen-drinan-4817/>