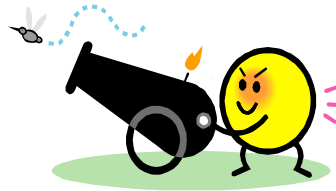


LYME DISEASE: PREVENTION AND CONTROL

From the Livingston NJ Nursing Dept.



Create a Tick-Safe Zone

Ticks that transmit Lyme disease thrive in humid wooded areas. They die quickly in sunny and dry environments. Here are some simple landscaping techniques to help reduce tick population from the CDC article, “Control Ticks Around Your Home and in Your Community:”

- Remove leaf litter and clear tall grasses and brush around homes and the edges of lawns. Plant foliage that is deer-resistant
- Place wood chips or gravel between lawns and wooded areas to restrict tick migration to recreational areas
- Mow the lawn and clear brush and leaf litter frequently
- Keep the ground under bird feeders clean
- Stack wood neatly and in dry areas
- Keep playground equipment, decks and patios away from yard edges and trees

Discourage Deer

- Ticks that transmit Lyme disease can be found on deer. Actions to control deer movement or populations in communities are usually initiated at the local level in consultation with your state wildlife agency. However there are actions you may take on your own property to reduce deer population around your house.
- Do not feed deer on your property. It may be necessary to remove bird feeders and clean up spilled birdseed
- Construct physical barriers to discourage deer from entering your yard
- Check with garden centers or nurseries for information about deer-resistant plants

Use repellents as directed and do **tick checks (especially on children, a good time is after showers at the end of the day)**. If you find a tick, remove it using the following procedures:

- Grasp the tick as closely to the skin as possible, using tweezers. Remove the tick with a slow steady pull from the skin. Do not yank or twist. Call your MD if the mouth of the tick is under the skin. Do not crush or puncture the body of the tick. If you get fluid from the tick on you, wash your hands with soap and water or alcohol.
- If you want to determine if a tick is a carrier of the bacteria that causes Lyme Disease, call the NJ Labs at (732) 249-0148. The test costs \$60.00 for an intact tick and results are mailed to you approximately two weeks after receipt. Call the NJ Labs for any questions you may have.