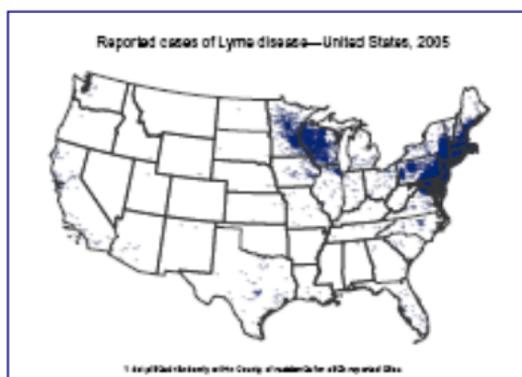


Quick Card

Lyme Disease

Protect Yourself

If you work or spend time in wooded or grassy areas, you should be aware of the risk of Lyme disease. Lyme disease is a bacterial disease transmitted through bites from eastern black-legged ticks - also known as deer ticks - as well as western black-legged ticks. This U.S. map indicates where cases have been reported most often. Areas at high or moderate risk include the Northeast U.S. and some areas around the Great Lakes.



Avoid Lyme disease by preventing tick bites, by removing embedded ticks right away using the proper technique, and, finally, by seeing a doctor if any symptoms develop.

Prevent Tick Bites

Most ticks favor a moist, shaded environment, especially areas with leaf litter and low-lying vegetation. Be alert for ticks when you are in these areas. For working or spending time outdoors, make these precautions part of your routine:

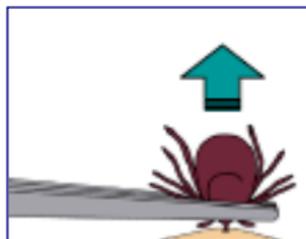
- Wear light-colored clothes, long pants, long-sleeved shirts, socks and a hat.
- Tucking pant legs into socks or boots and tucking shirts into pants helps keep ticks on the outside of clothing. If you'll be outside for an extended period of time, tape the area where

your pants and socks meet to prevent ticks from crawling under your clothes.

- Use insect repellent containing DEET or Permethrin on clothes. Follow the manufacturer's directions.
- Check clothes and any exposed skin frequently for ticks.

Remove Ticks Properly

You can greatly reduce the chance of infection with Lyme disease if you remove ticks you find on you within the first 24 hours. To properly remove an embedded tick:



- Use a pair of fine-pointed tweezers. Grasp the tick by the head or mouthparts. DO NOT grasp the tick by the body. Pull firmly and steadily directly outward. DO NOT twist.
- DO NOT apply petroleum jelly, a hot match, alcohol or any other irritant to the tick in an attempt to get it to back out. These methods can increase the chances of the tick transmitting the disease.
- Clean your skin with soap and warm water or alcohol.

See a Doctor

Be aware of early Lyme disease symptoms that may appear three to 30 days after a tick bite. The most



common symptom is a rash at the infection site which appears either as a red "bull's-eye" or expanding red area. If a rash or other early symptom(s) develops, seek medical attention immediately. Other early symptoms of Lyme disease may include swelling of the lymph nodes (glands) near the tick bite, headache, joint pain, chills, fever or fatigue. Advanced symptoms of Lyme disease can include severe headaches, arthritis, cardiac abnormalities and central nervous system involvement leading to mental disorders.