

Lakeshore Health Notes

Manitowoc County Health Department

July/August 2016

Lyme Disease: What you need to know

Lyme disease is a serious concern in the summer time especially because people are spending more time doing outdoor activities and also because this is the time that ticks are most active. It is important that you know how to protect yourself from getting bitten by a tick.

Lyme disease is caused by a bacteria called *Borrelia burgdorferi* and is transmitted to humans through the bite of an infected blacklegged tick. These ticks are usually found in wooded areas and have complex life cycles. In some regions, blacklegged ticks can spread other diseases in addition to Lyme disease.

The risk of exposure to ticks is greatest in the woods and in the edge area between lawns and woods; however, ticks can also be carried by animals onto lawns and gardens and into houses by pets. Campers, hikers, outdoor workers, and others may be exposed to infected ticks in wooded, brushy, and grassy places.

Ticks can attach to any part of the human body but are often found in hard-to-see areas such as the groin, armpits, and scalp. In most cases, the tick must be attached for 36-48 hours or more before the Lyme disease bacterium can be transmitted. Most humans are infected through the bites of immature ticks called nymphs. Nymphs are tiny and difficult to see; they feed during the spring and summer months. Adult ticks can also transmit Lyme disease, but they are much larger and may be more likely to be discovered and removed before they have had time to transmit the bacteria.

What you can do to protect yourself:

- Avoid tick-infested areas- especially important in the months of May, June, and July.
- Use insect repellent containing a 20% concentration of DEET on clothes/exposed skin.
- Can also treat clothes with permethrin or buy clothes that are pre-treated with permethrin.
- Permethrin can also be used on tents & some camping gears. Do not use permethrin directly on the skin.
- Perform daily tick checks: Inspect all body surfaces carefully and remove attached ticks with tweezers.

DO NOT use petroleum jelly, a hot match, nail polish, or other products.

- Bathe or shower: Bathe or shower as soon as possible after coming indoors (preferably within 2 hours).
- Wash/Dry clothing: After being outdoors, wash and dry clothing at a high temperature to kill any ticks that could have remained on clothing.
- Treat pets appropriately for ticks year round.

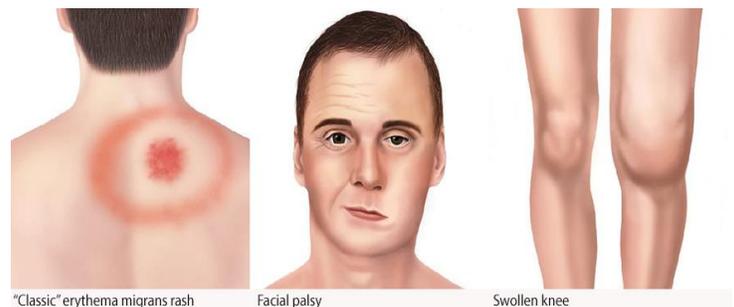
Signs and symptoms of Lyme disease:

Symptoms can occur anywhere from 3-30 days after the tick bite. The early stages of Lyme disease is marked by one or more of the following signs and symptoms:

- Skin rash that resembles “a bull’s eye”
- Fatigue
- Chills and fever
- Headaches
- Muscle and joint pain
- Swollen lymph nodes

Later signs and symptoms can appear anywhere from a few days to months after the tick bite:

- Arthritis especially in the knees
- Numbness, pain, nerve paralysis (often of the facial muscles usually on one side- facial palsy)
- Problems with memory or concentration and sleep disturbances
- Irregularities of the heart rhythm



"Classic" erythema migrans rash

Facial palsy

Swollen knee

Different people exhibit different signs and symptoms of the disease. As soon as you notice a characteristic rash or other possible symptoms, consult with your health care provider. Your health care provider will be able to assist with the appropriate testing and/or treatment if Lyme disease is suspected. You can visit the CDC website for more information: <http://www.cdc.gov/lyme/index.html>

Lean on the Lakeshore



Shipbuilders Credit Union presents Lakeshore weekend; August 6th, 7th, and 8th. Lakeshore weekend is an annual event dedicated solely to the care and treatment of children.

All proceeds from this annual event benefit Children's Hospital of Wisconsin, where lakeshore children are referred by local physicians for specialized care. It is a wonderful partnership that benefits your family, friends, and neighbors. Each year, there are around 2,500 visits made annually to Children's by Manitowoc County children, and 5,500 by Sheboygan County children.

There will be children's games and entertainment all weekend long. Games include: face painting, jump ball, Aqua ball, fishing pond, ping pong toss and more.

Other activities that will be taking place during the lakeshore weekend will be the 5K color run/walk, dragon boat race, live entertainment, food, raffle and silent auctions.

This will be an great and fun filled event for the entire family. Please consider attending. For more information on schedules and activities please visit the link below:

<http://www.lakeshoreweekend.org/home.html>

Newsletter Mailing Change Request Form

■ If there is a change in your information or if you would like to receive the newsletter by mail or electronically please complete the information and either mail or email it to:

Pang Lee

Manitowoc County Health Department

1028 S 9th Street

or panglee@co.manitowoc.wi.us

Manitowoc, WI 54220

Whether you mail us the information or send it to us via e-mail, it is important to include the information listed on your current mailing label below.

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LAKESHORE HEALTH NOTES

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