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Protect Against and Prevent Tick-borne Disease

Lyme Disease and other tick-borne illnesses continue to be a health concern in Sullivan County. In 2016, there were 826 reported cases of Lyme Disease in the county, as well as a significant increase in other tick borne illnesses such as Ehrlichiosis and Babesiosis. The good news is that these diseases are preventable through tick bite prevention and daily tick checks.

Lyme Disease is caused by the black legged tick, or deer tick. Ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 18-24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around old stone walls. Once a tick gets on the skin, it generally climbs upward until it reaches a protected area.

In tick-infested areas, such as Sullivan County, your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp, hunt, work or otherwise spend time in the outdoors, you can still protect yourself:

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors.
- Consider using insect repellent.
- Consider treating clothes with permethrin.
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.
- If possible, remove clothes prior to entering the main part of the house to prevent ticks from coming into the home. As an alternative, use a lint roller over clothes prior to coming into the home to remove any ticks which may remain on clothing and skin
- Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you.
- Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks

Certified Home Health Agency

Long Term Home Health Care Program

Children with Special Health Care Needs Program
Early Intervention Program/Pre-School Program
Physically Handicapped Children's Program

Women, Infants & Children (WIC) Program

Healthy Families of Sullivan Program

Communicable Disease Program

Tuberculosis Control Program

Sexually Transmitted Disease Program
HIV Counseling & Testing

Immunizations

Maternal Child Health

Bilingual Outreach Worker Program

Community Health Worker Program

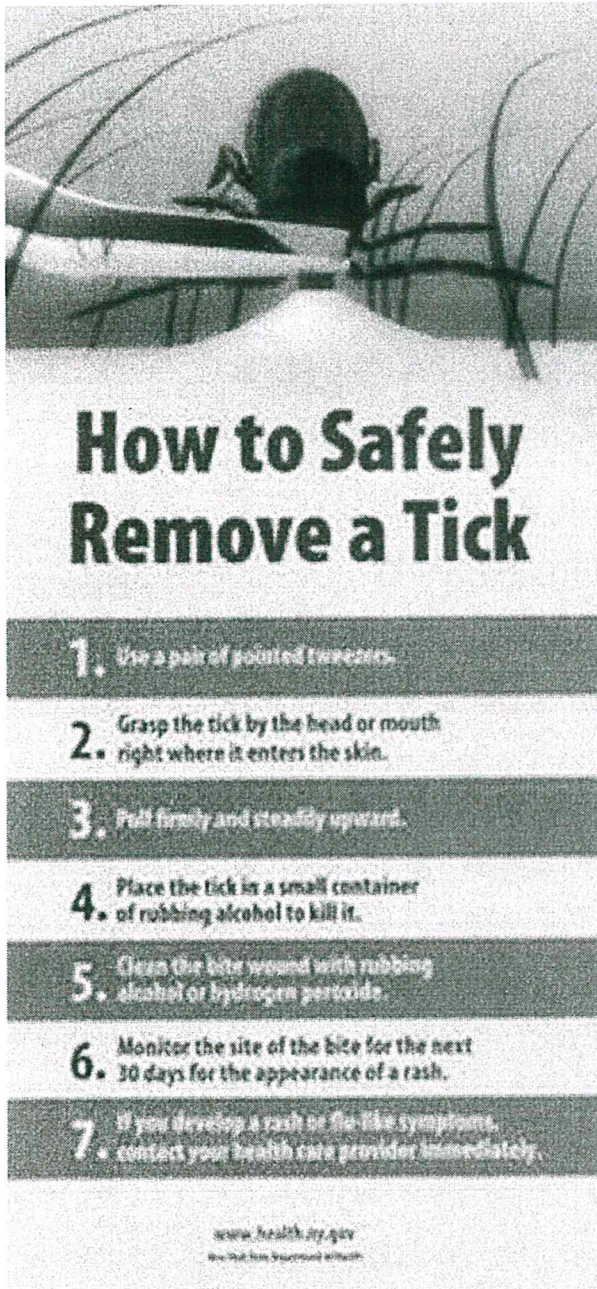
promptly.

For more information, call Sullivan County Public Health at 845-292-5910, ext. 2243 or visit the following websites:

<https://www.health.ny.gov/diseases/communicable/lyme/>

<https://www.cdc.gov/lyme/faq/index.html>

<http://www.tickencounter.org/>



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