

Assemblyman Jim Tedisco
Wants You to Know the Facts about Lyme Disease

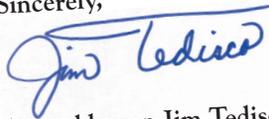
Dear Friend,

This mailer will inform you about Lyme disease, a tick-borne sickness common to this area and season.

I want to make sure you know the facts about Lyme disease, such as how to avoid it and what to do if it is contracted. The disease is treatable, but the long-term effects can be serious if neglected.

If you have any questions or comments about this, or any other state issue, please do not hesitate to contact my district office.

Sincerely,



Assemblyman Jim Tedisco
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The average deer tick is small enough to fit on the tip of a fingernail.



Two deer ticks, one normal, one engorged.



Typical example of a bull's-eye rash associated with Lyme disease.

For detailed information on Lyme disease, contact:

Saratoga County Public Health Department
(518) 584-7460

Schenectady County Public Health
Department - (518) 386-2810

New York State Department of Health
[http://www.nyhealth.gov/diseases/
communicable/lyme](http://www.nyhealth.gov/diseases/communicable/lyme)

American Lyme Disease Foundation
<http://www.aldf.com/>

What is Lyme disease?

Lyme disease is a bacterial infection that can produce skin, arthritic, cardiac and neurological complications. The bacterium that causes Lyme disease is spread by the bite of an infected deer tick. In order to transmit Lyme disease, an infected deer tick must feed for 24 to 36 hours.

What are the Symptoms of Lyme disease?

Symptoms and their severity vary. Early symptoms may be mild and easily overlooked. In most, but not all cases, the first symptom is a slowly expanding red "bull's-eye" rash in excess of two inches at the site of the tick bite. Symptoms may be flu-like, including chills, fever and fatigue, headache, neck stiffness, jaw discomfort, pain or stiffness in muscles or joints. If left untreated, Lyme disease can progress to more serious stages, affecting the heart or central nervous system.

When am I Most Likely to be Bitten?

Ticks may seek a host whenever the temperature is above 50°F. However, the bite of an infected nymphal tick, which feeds from late spring to early summer, is responsible for the majority of human Lyme disease cases.

Minimizing Your Risk

-  When in wooded or grassy areas, wear light-colored (to spot ticks) long pants and long-sleeved shirts. Tuck pants into socks and shirt into pants;
-  Avoid heavy vegetation – stay on well-traveled paths;
-  Keep your lawn mowed;
-  Stack woodpiles away from the house;
-  Remove leaf litter and clear brush around the house;
-  Once indoors, do thorough checks on clothes and your entire body, paying particular attention to the backs of knees, behind ears, the scalp and back;
-  Check your children and pets for attached or crawling ticks;
-  Consider using insect repellents to reduce tick bites. Follow label instructions carefully and use sparingly; and
-  Check with your veterinarian regarding pet products to reduce tick exposure.