

Work at Three Rivers Park District requires a great amount of time spent outdoors which exposes employees to certain hazards of our natural world, including Lyme disease. This advisor is intended to provide general awareness information to employees regarding these hazards.

Deer ticks, also known as blacklegged ticks, are just one of thirteen known tick species in Minnesota. They are most common in the east and central areas of the state and are found in hardwood forests and wooded and brushy areas. Deer ticks are potential carriers of **Lyme disease**, human anaplasmosis and babesiosis.

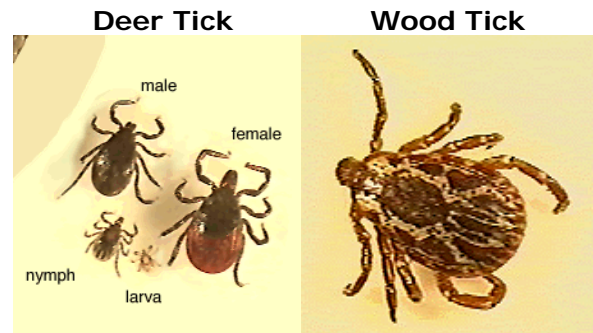
Protect yourself from tick bites!

Wear a hat and light-colored clothing, including long-sleeved shirts and long pants tucked into boots or socks.

Use insect repellents that provide protection for the amount of time you will be outdoors. Follow repellent label directions for use. Use repellents containing 20% to 30% DEET on your skin or clothing. Use insecticides with Permethrin on your clothing (not on skin) for greater protection. Reapply repellents as needed.

Check your skin and clothes for ticks every day. The immature forms of these ticks are very small and may be hard to see. Remember to check your hair, underarms, and groin for ticks.

Immediately remove ticks from your body using fine-tipped tweezers. Grasp the tick firmly and as close to your skin as possible. Pull the tick's body away from your skin with a steady motion. Clean the area with soap and water. Removing infected ticks within 24 hours reduces your risk of being infected.



Lyme disease may cause these **symptoms**:

- An expanding circular rash
- Fever
- Joint and muscle pains
- Headache
- Chills
- Fatigue
- Swollen lymph nodes

Lyme disease is diagnosed based on symptoms and the possibility that the worker has been exposed to infected ticks.

Most cases can be successfully treated with antibiotics, especially if treatment is started early.

Note: Notify your supervisor if you find an embedded deer tick you were exposed to at work. Send deer ticks to Larry Gillette, Senior Manager of Wildlife. Place tick between two pieces of clear tape and identify if it was embedded, park location and date of exposure.

Deer Tick and Lyme Disease Resources

Minnesota DNR | <http://www.dnr.state.mn.us/insects/deerticks/index.html>

Department of Health | <http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/ticks.html>

CDC | <http://www.cdc.gov/niosh/topics/lyme/>