

Work at Three Rivers Park District requires a great amount of time spent outdoors which exposes employees and volunteers to certain hazards of our natural world, including Lyme disease.

Deer ticks, also known as blacklegged ticks, are found in hardwood forest brushy areas. Deer ticks are potential carriers of **Lyme disease** known as human anaplasmosis and babesiosis. Deer ticks have to contract the disease before they can transmit it to hosts. Wood ticks, also known as dog ticks, are commonly confused with deer ticks. Wood Ticks have not been proven to carry or transmit lyme disease.



Protect yourself from tick bites!

Wear a hat and light-colored clothing so that you can see any ticks crawling on your body. Long-sleeved shirts and long pants tucked into boots or socks will also help keep ticks off of your skin.

Use of insect repellents can help provide protection from ticks. Deet (20% or 30%) is a common repellent used on skin or clothing that has had variable and inconsistent results in effectiveness. The use of Permethrin on your clothing (not on skin) has been a more effective insecticide on repellency and killing ticks on contact. **Always read labels and be aware of the risks involved with using these products.**



Check your skin and clothes for ticks over the course of the 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 at the end of each day. Also, throwing worn clothing into the drier on high heat for 10-15 minutes will kill any ticks left.

By following these recommendations you can prevent most exposures. If you find a tick attached, remove it as cleanly and quickly as possible and clean the area with soap and water. Removing infected ticks within 24 hours also reduces your risk of being infected.

Lyme disease may cause these symptoms:

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

Most cases of lyme 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. Keeping the tick for later identification is probably beneficial.

Deer Tick and Lyme Disease Resources

- Minnesota DNR | <http://www.dnr.state.mn.us/insects/deerticks/index.html>
- Department of Health | <https://www.health.state.mn.us/diseases/tickborne/ticks.html>
- CDC | <http://www.cdc.gov/niosh/topics/lyme/>
- CAES | http://www.ct.gov/caes/lib/caes/documents/publications/fact_sheets/tickbiteprevention05.pdf