

KNOW THE SYMPTOMS

Early treatment is key to preventing debilitating complications

Symptoms usually appear days or weeks after infection and include:

- Skin rash or redness
- Headaches
- Flu-like ailments
- Fatigue
- Dizziness
- Joint pain
- Bell's Palsy

You may not get a rash, many people don't. If you are symptomatic and have been exposed, call your doctor.

KNOW THE STATS

- 300,000 new cases per year in the US
- Greatest incidence among children ages 5–19
- Reported in CA and 48 other states, and 65 countries worldwide
- In CA, infected ticks found in 42 of 58 counties
- CA tick season is year-round but especially May–June and Oct–Dec
- Infection rates vary considerably by location (even park-to-park and county-to-county)

www.bayarealyme.org

PREVENTING LYME DISEASE

What You Should Know in California



Bay Area Lyme
FOUNDATION

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KNOW THE TICKS

In California, Lyme is carried by the Western Blacklegged Tick.

WESTERN BLACKLEGGED TICK

Adult Female	Adult Male	Nymph	Larva
2.5mm	2.0mm	1.0mm	.5mm



Ticks are small, you may not see the tick or feel the bite, it numbs your skin.

Ticks carry many diseases and all ticks should be removed as soon as they are discovered.

BE SAFE

TO AVOID TICKS

- Walk in middle of trail, avoiding bushes, grass, leaf piles, and logs
- Wear light-colored clothes covering ankles and wrists
- Consider insect repellents (DEET and Permethrin)
- Create safe spaces at home—clear out wood piles and create borders between the woods and your lawn

Tick-check. Every time. For you, your kids, and your pets. Don't forget armpits, groin, arms, ears, hair, belly button, and waist!

STAY SMART

FIND A TICK? *Remove the tick as soon as possible but stay calm.*

- Use tweezers, lift straight up
- Remove the tick calmly and quickly
- If you suspect Lyme, save, label, and document the tick for testing*
- Wash your hands and the bite with soap & water or antiseptic

Remove ticks safely.

Pull straight up. Yanking may increase infection risk.



*Tick kits available at Bay Area Lyme