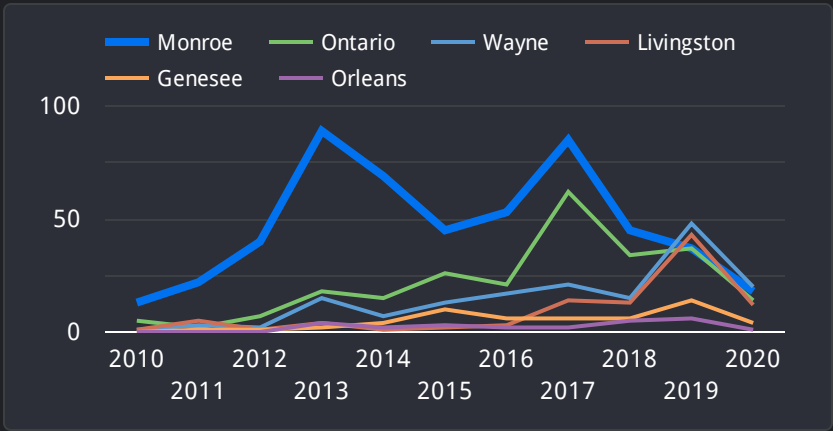


# LymeWatch: A Decade of Lyme Disease Surveillance in Monroe County (2010-2020)

Lyme disease is an inflammatory disease characterized at first by a rash, headache, fever, and chills, and later by possible arthritis and neurological and cardiac disorders, caused by bacteria that are transmitted by ticks.



Monroe County leads all adjacent counties in confirmed cases for Lyme Disease in the 10 year period. It is important for our community members to be aware of how easily they can contract Lyme Disease through deer ticks.



Lyme Disease

bull's eye rash

flu-like reactions

joint pain or inflammation

memory loss

eye inflammation

verywell

## How to Safely Remove a Tick

1. Use a pair of pointed tweezers.
2. Grasp the tick by the head or mouth right where it enters the skin.
3. Pull firmly and steadily upward.
4. Place the tick in a small container of rubbing alcohol to kill it.
5. Clean the bite wound with rubbing alcohol or hydrogen peroxide.
6. Monitor the site of the bite for the next 30 days for the appearance of a rash.
7. If you develop a rash or flu-like symptoms, contact your health care provider immediately.

www.health.ny.gov  
facebook.com/NYSDOH

7/13

Check your clothing and body for ticks after being outdoors in grassy, brushy, or wooded areas where ticks live!

CHECK THESE PARTS OF YOUR BODY AND YOUR CHILD'S BODY FOR TICKS:

IN AND AROUND THE HAIR

IN AND AROUND THE EARS

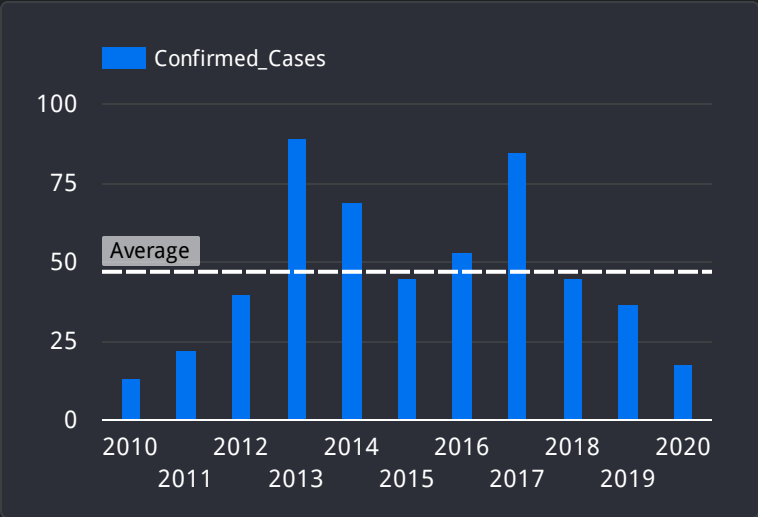
UNDER THE ARMS

INSIDE BELLY BUTTON

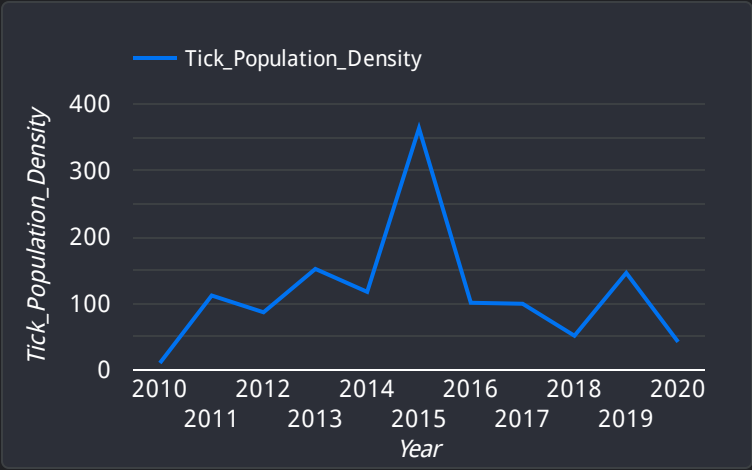
AROUND THE WAIST

BETWEEN THE LEGS

BACK OF THE KNEES



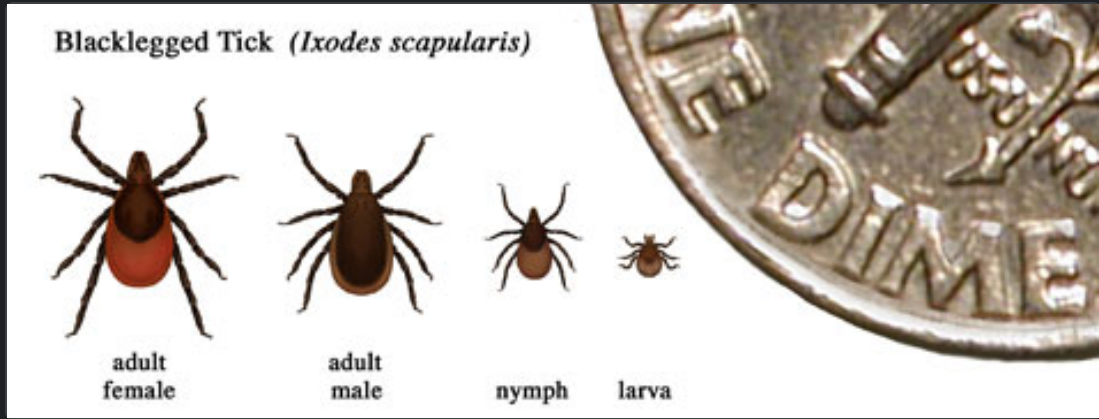
The bar chart depicts the fluctuating trend of confirmed cases of a condition in Monroe from 2010 to 2020. Starting at 13 cases in 2010, the numbers gradually rose, reaching a peak of 89 cases in 2013 before fluctuating throughout the following years. However, there was a notable decrease in 2020, with only 18 confirmed cases recorded possibly related to COVID.



Tick Population Density per Square Meter from 2010 to 2020. Tick density trends have shown similar pattern to the confirmed cases in Monroe county except for the 2013 year, indicating that the two may be associative.

How To Prevent Lyme Disease in Dogs

- Use a reliable tick-preventive product on your dog. Talk to your vet about which product would be best for your pet
- Speak with your vet to help you decide if you should vaccinate your dog against Lyme disease
- Avoid areas where ticks might be found including tall grasses, marshes and wooded areas
- Check your pet for ticks once you are indoors
- Clear shubbery near your home and keep your lawns well maintained



*Borrelia burgdorferi*, the bacterium responsible for Lyme disease, is transmitted to humans through infected tick bites, causing symptoms such as fever, fatigue, and joint pain if left untreated. This study found 34.84% of test Ticks contained the bacteria.

## Prevention Tips:

**Wear Protective Clothing:** When in wooded or grassy areas where ticks are prevalent, wear long sleeves, long pants, socks, and closed-toe shoes to minimize skin exposure.

**Use Tick Repellent:** Apply EPA-approved insect repellents containing DEET, or oil of lemon eucalyptus on exposed skin and clothing if insect repellent is unavailable.

**Stay on Trails:** When hiking or walking in wooded or grassy areas, stay in the center of trails to minimize brush contact with ticks.

**Shower After Outdoor Activities:** Taking a shower within two hours of coming indoors can help wash off any ticks that may be crawling on your skin but haven't yet attached.

**Remove Ticks Properly:** If you find a tick attached to your skin, use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible and pull upward with steady, even pressure. Clean the bite area with rubbing alcohol or soap and water.