

AmWINS Rx[®]

RETIREE RXCARE™ NEWSLETTER

PROTECT YOURSELF AGAINST LYME DISEASE

Starting in the spring and continuing through the fall, to go along with the warm weather, is a higher risk of contact with ticks. Tick bites have the risk of transmitting Lyme disease to humans. Lyme disease symptoms may include a “bullseye rash” and flu-like symptoms such as tiredness, fever, joint pain, and swollen lymph nodes. It is important to note that you may not get all of these symptoms. Those who are particularly at risk live in the Northeastern states; however, those in North-central states and those on the West coast are also at risk for Lyme disease from tick bites. The good news is that there are easy ways to protect yourself from illness transmitted by these small insects such as using bug repellent with at least 20% DEET, wearing long sleeve shirts and pants, performing regular tick checks, and showering soon after coming inside from the outdoors.



**Using tweezers to
remove a tick**

Blacklegged Tick (*Ixodes scapularis*)



**A size reference
for common ticks**



**A tick
removal tool**



ON YOUR TEAM.



ANSWERS TO YOUR QUESTIONS

Q: If I do not live near the woods am I still at risk?

A: Yes, ticks don't just live by the woods, though they are more commonly found in these areas. Ticks can be carried into your yard by other animals, and into your home on clothes and pets.

Q: How do I perform a tick check?

A: Ticks like warm dark areas such as the armpits and groin. Be sure to look closely at these areas. However, ticks may be found anywhere on the body. They may be very small, so in addition to looking carefully for them, feeling the area for a small bump that is not normally there may be helpful.

Q: I found a tick on me, how do I remove it?

A: The best way to remove a tick is either with a special tick removal tool, or with tweezers that can easily grasp the tick body. Pull the tick in a deliberate motion out of the skin, being sure to grasp the tick in tweezers as close to the head as possible. DO NOT use a hot match head (this may cause severe burns), nail polish remover, petroleum jelly (Vaseline®) or peppermint oil. While these may remove the tick, they may also cause the tick to vomit, increasing the risk of Lyme disease transmission.

Information adapted from <https://www.cdc.gov/lyme/toolkit/index.html>

Credit left to right: <http://www.webmd.com/first-aid/tc/how-to-remove-a-tick-overview#1>

<https://www.nwf.org/News-and-Magazines/National-Wildlife/Gardening/Archives/2016/Ticks.aspx>

<https://www.cdc.gov/lyme/transmission/blacklegged.html>

<http://www.tickinfo.com/protickremedy.htm>

