

Borden Braves Newsletter

April 2019

Tick Borne Diseases

Prevent Tick Bites

Tick Smart

Don't Miss a Thing



Yikes it's TICK season!!!

Ticks can be infected with bacteria, viruses, or parasites. Some of the most common tick-borne diseases are Lyme disease, Rocky Mountain spotted fever, babesiosis, and southern tick associated rash.

Say No to Tick Bites

Every spring, summer and fall people are at risk of the tiny bugs. Prevent tick bites:

Use chemical repellent DEET, spray on clothes, shoes and body.

Wear white or light-colored protective clothing

Tuck pant legs into long socks Wear a hat Wear shoes

Avoid tick infested areas Walk in middle of trails, away from tall grass and bushes



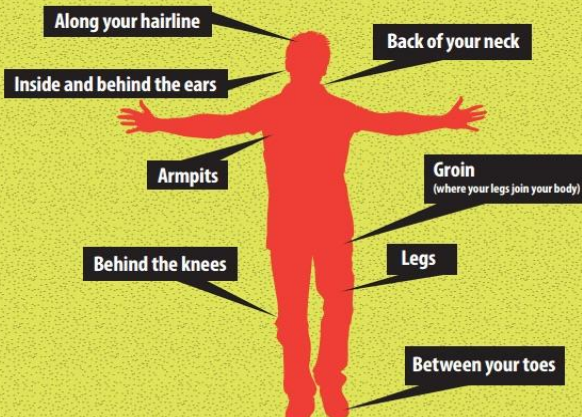
Be Tick Smart

Protect * Check * Remove * Watch

Is there a tick on you?

Do a tick check!

Here's where to look:



Ticks are tiny, so look for new "freckles." These are actual size:



Don't miss a thing

Always check for ticks after spending time outdoors.

Ticks crawl from the ground up looking for the ideal spot to feed in dark, moist places.

Toss your clothing in a dryer for 10 minutes on high heat

Check under arms, in/around ears, inside belly buttons, back of knees, in hair, between legs/groin areas.

Lymph ticks are the size of a poppy seed, resemble a small freckle.

Shower using products containing tea tree oil, rosemary, or eucalyptus that repels and washes out any ticks from your hair and body that you may have missed.

ARE THERE TICKS IN YOUR NECK OF THE WOODS?