

About Ticks and Lyme Disease

According to the California Department of Public Health, the western black-legged tick which carries Lyme Disease has been found all over California. Ticks prefer cool, moist areas and can be found on wild grasses and low vegetation. Adult ticks climb to the tip of vegetation along trails and wait for a host to brush against them. Nymphs are found in low, moist vegetation such as leaf litter and on logs.

If you have been bitten by a tick, we recommend you visit the first aid tent for help with your bite. Homeopathic Ledum will be available as a preventative measure.

What can be done to keep from getting Lyme disease?

- Stay in the middle of the trail; avoid grassy areas, contact with logs, tree trunks and fallen branches or tree limbs in forests.
- Tuck pants into boots or socks, and shirt into pants.
- Wear light-colored clothing and long-sleeved shirts so ticks can be more easily seen.
- Use a repellent effective for ticks if you go walking in the woods. Always follow directions on the container and be especially careful when applying to children.
- Thoroughly check yourself and others for ticks during and up to three days after activities in tick-infested areas.

How should attached ticks be removed?

- Using tweezers, grasp the tick's mouthparts as close to the skin as possible. It is important to keep the contents of the tick's stomach from being ejected into your body, so don't squeeze the tick!
- Gently pull the tick straight out, using a firm steady motion.
- Wash your hands and the bite site with soap and water. Apply an antiseptic to the bite site.
- Note: Prompt tick removal can prevent transmission of infection.
- Consult with your physician if you develop any symptoms, especially a rash, within 30 days of the tick bite.

There is a characteristic "bull's eye" rash that develops about a week after the bite in 40-80% of cases, though some sources say fewer. Doxycycline is the antibiotic of choice for preventing Lyme. Some clinicians think a single dose of 200 mg is sufficient while others think that a six week course is necessary for prevention. Please see your doctor for the appropriate course of treatment for you.

Not all doctors are "Lyme Literate" in California. Here is a resource for finding a doctor who treats Lyme:

<http://mylymediseasetreatment.com/lyme-disease-general/how-to-find-a-lyme-literate-doctor-llmd-in-your-area/>

For more information:

http://www.thehealingartspartnership.net/lyme-disease_misconceptions.htm