

Lyme and Tick Borne Diseases

Ticks carry a number of diseases: Lyme, Rocky Mountain spotted fever (RMSF), Ehrlichiosis, Babesiosis to name a few.

Prevention of tick-borne illness hinges on preventing ticks from attaching and obtaining a blood meal from individuals. This can be accomplished by avoiding tick habitat, using personal protection methods, and changing the environment to reduce the presence of ticks.

Adult ticks prefer high grass, low brush, or shrubs, where they can come in contact with a mammal (human, deer, dog, and etc.) for their next blood meal. Tick larval and nymph stages prefer shady, moist ground litter, stone walls, woodpiles, and etc.

Using DEET (mosquito repellent) and avoiding tall grass and weeds will help reduce tick exposure.

For more information Indiana State Department of Health web site <http://www.in.gov/isdh/20491.htm> and similar page for Lyme <http://www.in.gov/isdh/20488.htm>.

The CDC information can be found at <http://www.cdc.gov/ticks/>