



## It's Tick Season! Protect Yourself!

This year the CT Agriculture Experiment Station is reporting an increase in the number of ticks and an increase in the number testing positive for Lyme disease. On average, 27% of ticks test positive for Lyme disease. This year 38% are testing positive. It appears as if the warmer winter temperature in the State in the past two years has contributed to the increase.

It is very important to protect yourself from getting bitten.

Helpful tips:

- Use insect repellent to significantly reduce the chance of tick bites and the transmission of Lyme disease and other tick-borne diseases.
- DEET is the primary active ingredient in most tick repellents and is considered the most effective. It must be used as directed on the container.
- Examine yourself, your children, and pets for ticks when returning indoors. Ticks tend to walk on the body before biting and feeding.
- Remove feeding ticks as soon as possible. Ticks need to feed for 24 hours before disease transmission occurs.
- When returning indoors, shower using a wash cloth or buff to remove walking ticks on your body.
- Wear light-colored clothing so the ticks can be easily seen.
- Wear long pants to provide a better barrier than shorts.
- Tuck pants into socks creating a barrier so ticks will not be able to get to your skin.
- Wear long-sleeved shirts and closed shoes when in tick infested areas.
- Stay in the middle of the trails when hiking in the woods.
- Avoid tall grass and over-grown, brushy areas.

Early signs of Lyme disease include an expanding red rash and fever like symptoms, generally occurring 2-32 days after a bite. Some people do not develop early symptoms making it difficult to diagnose and get early treatment. If you experience symptoms or have been bitten, consult your physician.

If you do get bitten by a tick it can be submitted to the CT Agricultural Experiment Station for identification and possible testing. You can find the application for testing [here](#).

