What comes to your mind when you hear CREEPY CRAWLIES? Do you think of ticks that walk on the ground or catch rides on humans and animals, mosquitoes that fly and love to feed on the blood of their hosts, caterpillars that creep up trees and houses and deposit their tiny hairs into your skin when you touch them, spiders that build webs to catch their prey and wrap them up with silk to keep them captive until they are ready to eat them, poison ivy or oak which creeps along the ground and climbs up structures and can cause a rash when touched or finally snakes which slither along the ground, hide in dark places and strike when threatened?

All of the above can give us the hibby jibbies, cause sleepless nights and give us rashes or welps, but they don’t have to!!

Ticks don’t have to ruin our summers and they can be avoid with a little planning.

Ticks

Preventing Tick Bites

Before You Go Outdoors:

a. Know where to expect ticks. They live in moist and humid environments in or near wooded or grassy areas.
b. Treat boots, clothing and camping gear with permethrin.
c. Use a repellent with DEET on skin. Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can protect for several hours.
After You Come Indoors:

a. Check your clothing for ticks.
b. Shower soon after being outdoors.
c. Check your body for ticks after being outdoors.

Removing a Tick:

a. Use fine-tipped tweezers and grasp tick as close to skin as possible.
b. Pull upward with even, steady pressure. DO NOT twist or jerk the tick as the mouth-part might break off and stay in the skin. If this happens and you cannot remove the mouth easily, leave it alone and let the skin heal.
c. After removing the tick, thoroughly clean the bite area and your hands.
d. Dispose of the tick by sealing it in a plastic bag, wrapping it tightly in tape, flushing it or submerge it in alcohol. NEVER crush it with your fingers.

Symptoms of Lyme Disease:

a. Rashes
b. Swelling around the brain (better known as meningitis)
c. Neurological Issues
d. Joint Pain
e. Flu Symptoms
f. Swollen Lymph Nodes
g. Eye Inflammation
h. Fatigue
i. Heart Palpitations
j. Hepatitis
k. Bell’s Palsy
l. Hair Loss

Symptoms of Rocky Mountain Spotted Fever:

a. Fever
b. Rash (occurs 2-5 days after fever, may be absent in some cases)
c. Headache
d. Nausea
e. Vomiting
f. Abdominal pain (may mimic appendicitis or other causes of acute abdominal pain)
g. Muscle pain
h. Lack of appetite
i. Conjunctival infection (red eyes)