

Take Early Signs and Symptoms of Lyme Disease Seriously

*Consult a healthcare
professional if you
experience these early
symptoms:*

- **Expanding Rash**
(not always present)
- **Fatigue**
- **Headache**
- **Stiff Neck**
- **Fever and/or Chills**
- **Muscle and/or Joint Pain**

Left untreated, the Lyme
Disease infection can worsen
and lead to joint swelling,
neurological problems and
cardiac complications.

Please visit www.ehhd.org/tickprevention for more information on preventing Lyme and other tick borne diseases such as Babesiosis, Ehrlichiosis, and Borrellia miyamoti.



Information Provided by the
Eastern Highlands Health District and the
Connecticut Department of Public Health.



Tick-Borne Disease Prevention Program

**Follow the BLAST steps and
keep your family safe.**

- B**athe or shower soon after
coming indoors.
- L**ook for ticks and remove with
fine tipped tweezers.
- A**pply repellents to skin and/or
clothing.*
- S**culpt your yard to reduce tick
habitats. **
- T**reat your pets with a product
recommended by your vet.

*Lyme disease is a bacterial infection
caused by the bite of an infected black-
legged tick.*

Contact the Eastern Highlands Health Dis-
trict at 860-429-3325 for additional infor-
mation.

E-mail: ehhd@ehhd.org

Web Site: www.ehhd.org/tickprevention

* Using repellents and pesticides, while proven
effective, is a personal decision.

** Please reference the "Tick Management
Handbook" at ehhd.org/tickprevention for tips
on landscape management.

For more information on the safety of
repellents and pesticides, contact the
National Pesticide Information Center at
1-800-858-7378