



Ridgefield Health Department

Ridgefield, CT 06877

Blastlyme.org

What is BLAST?



BLAST is an acronym that represents the 5 most effective prevention measures that YOU can take to avoid getting a tick-borne disease!

What are Tick-Borne Diseases?

There are a number of different diseases that are carried by deer ticks in Connecticut:

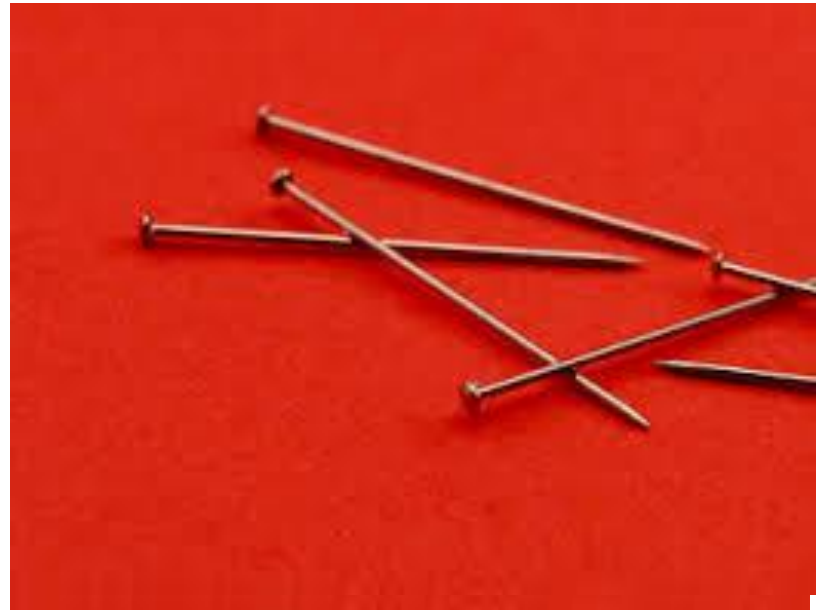
- Lyme Disease
- Babesiosis (BAB-e-c-oh-sis)
- Ehrlichiosis (er-LICK-e-osis)

What do Ticks Look Like?

It depends on how old they are.

Larva

- Clear
- Smaller than a pin head
- Not a concern regarding Lyme disease





One tick can lay 2000 to 3000 eggs!

Nymph

- All black
- About the size of a Poppy-seed



Adult Ticks

- Females: Red colored body
- Males: All brown
- Size of a sesame seed

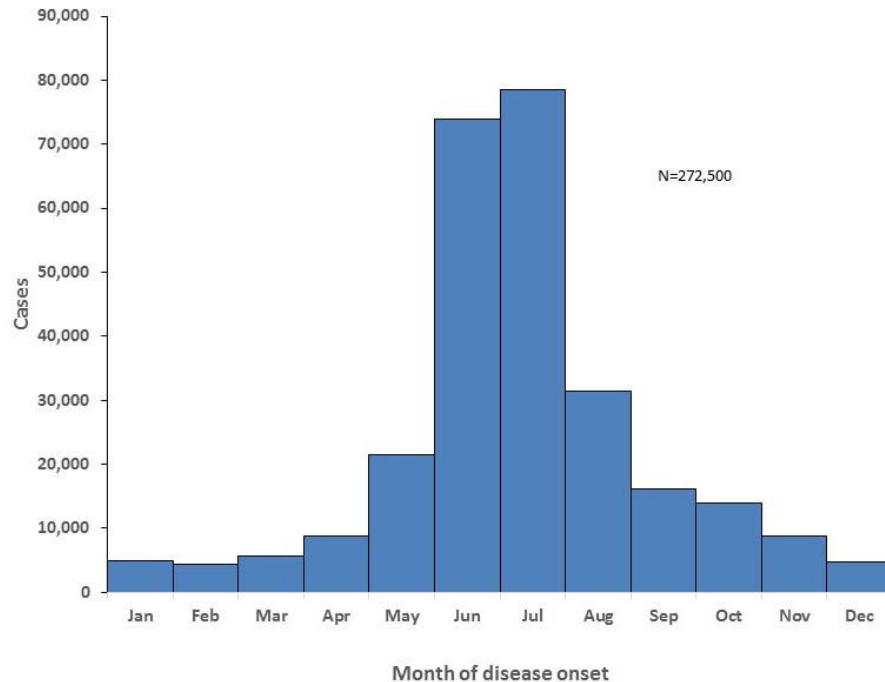


Where do ticks live?

Ticks LOVE shady, moist areas



What time of year do people usually get Lyme disease?



Confirmed Lyme disease cases by month of disease onset
United States, 2001-2015

How does a tick give you a disease?



Tiny Vampires

- Ticks attach to your skin and bite you
- They suck your blood
- Ticks become much larger when they are feeding. They become “engorged”.



Ticks give you diseases when they bite you.



Not all ticks have diseases, though!

Engorged (full of blood) Ticks



If my friend has Lyme disease, can I catch it too?



NO!

You can only catch Lyme from Ticks!

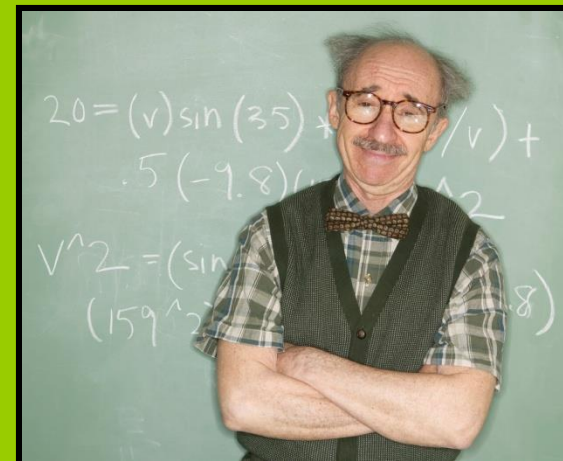


Although, being sick is tough, so if your friend has Lyme, be EXTRA nice to them!

What do I do if I find a tick on myself?



Tell a Grown-up!



Tick Removal

- Ask an adult to use fine tipped tweezers.
- Grasp the tick by the mouthparts close to the skin.
- Pull straight back with a slow, steady force.
- Avoid crushing the tick's body.
- Wash area and disinfect the bite site.
- Record the date and location of the bite.
- Watch for early symptoms!



Tick Removal DON'Ts

Don't squeeze or squish the tick.

Don't rub Vaseline or Petroleum Jelly on the tick.

Don't put dish detergent on the tick.

Just ask an adult to help remove the tick with tweezers.

**Bring the tick to your
Health Department.**



**They can tell you if it had Lyme
disease.**

How can you become a BLAST Tick Fighter and keep yourself safe?



BLAST stands for the



ways you can keep ticks away
from you!



BLAST

Bathe

or shower soon after coming indoors





BLAST

LOOK

for Ticks and Rashes on your body every day.



Ask your Mom or Dad to help you look for ticks every night!





BLAST

Apply Repellents

Ask your parents about
using bug spray to
keep ticks away!

You can use one for
your skin or one
for your clothes.





BLAST

Spray your yard



There are chemical and natural yard sprays.

Some families hire a company to spray the areas where deer and rodents live, especially the yard perimeter.

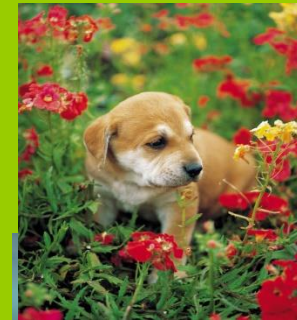
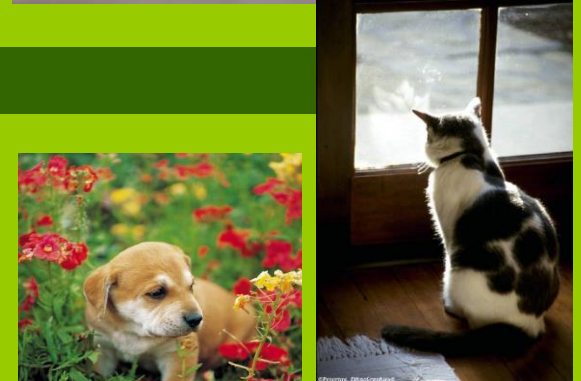
Short grass and sunny areas are safest.



BLAST

Treat your pets

- Check your pets for ticks!
- Ask your vet what you can put on your pet to keep ticks off of them.
- Don't sleep with your pet because ticks on your pet may crawl onto you!



Tell Us What You Learned





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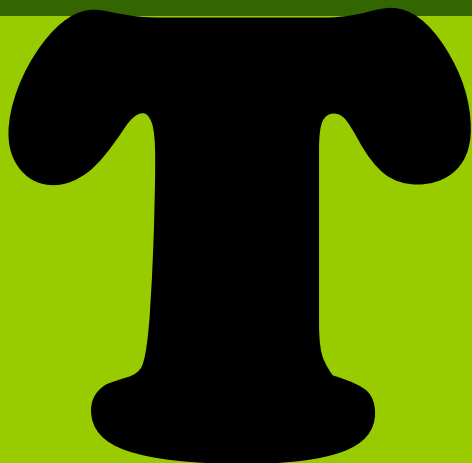
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Be a LYME Fighter!

Together we can



Lyme Disease!



Read more about our program at:



Blastlyme.org