The John Drulle, MD Memorial Lyme Fund, Inc. is a Jackson, New Jersey based 501(c)3 non-profit corporation dedicated to Lyme and other tick-borne illness awareness and prevention education; and funds prevention research.

**PROTECT YOURSELF FROM TICK-BORNE DISEASES**

Diseases carried by ticks in New Jersey:
- Lyme disease
- Babesiosis
- Human Granulocytic Anaplasmosis
- Human Monocytic Ehrlichiosis
- Southern Tick Associated Rash Illness (STARI)
- Rocky Mountain Spotted Fever
- Tick Paralysis

Over the last twenty years, Lyme disease has become the most frequently reported vector-borne illness in the U.S. Between 1990 and 2002, New Jersey ranked fourth in Lyme disease reporting, with over 21,000 cases. Total Lyme cases reported by the CDC from 1990 to 2006 are:

- 32,768 in New Jersey
- 38,948 in Connecticut
- 75,233 in New York
- 43,454 in Pennsylvania

The Center for Disease Control (CDC) has stated Lyme disease is under reported and that the total number of cases may be tenfold higher.

**Know the ticks!**

Ticks may carry and transmit more than one illness. The pictures below show the three common ticks found in New Jersey. Ticks can transmit diseases in every stage of their lifecycle.

- Black Legged ticks (Ixodes scapularis) can transmit several tick borne illnesses such as anaplasmosis, babesiosis, and Lyme disease.
- Lone star ticks (Amblyomma americanum) can transmit Southern Tick Associated Rash Illness (STARI) and ehrlichiosis.
- American Dog ticks (Dermacentor variabilis) can carry Rocky Mountain Spotted Fever.

**Watch for symptoms!**

People and pets of all ages can be infected. Early detection and treatment can prevent more serious illnesses. Current blood tests fail to detect 35% of Lyme antibodies. Blood tests should not be used to rule out Lyme disease when there are strong clinical symptoms (ILADS).

Early symptoms of tick-borne illness may include:
- Fever
- Headache
- Fatigue
- Stiff Neck
Early symptoms continued:
- Flu-Like Symptoms
- Rash (only 20% of people find a rash or it may be in a spot that you cannot see easily)

If you suspect you have been bitten by an infected tick and develop these and other symptoms, please see your health care provider.

REDUCE YOUR RISK OF TICK-BORNE ILLNESS!
1. Reduce Exposure.
   - Avoid wooded and bushy areas with high grass and leaf litter.
   - Walk in the center of paths.
2. Dress Properly in Tick Habitats.
   - Light colored clothing.
   - Long pants; long sleeved shirt tucked in; tuck pant legs into boots or bring socks over pant legs. Wear a hat.
   - Use repellent with 20% deet or more and Lemon Eucalyptus repellent on skin. Use Permethrin on clothing only, never on skin. Refer to product labels for correct usage instructions and cautions.
3. Perform Tick Checks.
   - Brush ticks from clothing before going indoors. Put clothes in dryer on high heat for at least 1 hour to kill ticks that you missed.
   - After coming indoors, do thorough body checks on you and your children for ticks.

REMOVING TICKS FROM HUMANS AND ANIMALS.
A. Use tweezers or tick nippers, protect hands with a tissue or gloves to avoid contact with tick fluids on bare hands.
B. Grab tick close to the skin. Don’t twist or squeeze the tick body as this may increase chances of transmission of disease.
C. Gently pull straight up slowly to make sure you remove all tick parts, including the head.
D. Place the tick in a plastic container or bag with a moist cotton ball inside. Check with your local or county health department or mosquito commission for information on tick testing in your area.
E. Disinfect and wash your hands.
F. Contact your local healthcare provider if you develop any symptoms of illness or for preventative treatment.
4. Ask your Veterinarian for preventative products for your pets and always check pets regularly for ticks.
5. Tick management Strategies for Property
   - Create Tick Safe Zones.