



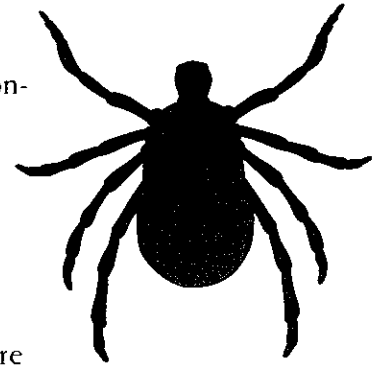
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Ticks and Lyme Disease

TICK BITES

Ticks can be a source for disease in humans. In Pennsylvania, the two commonly seen ticks are the American Dog Tick and the Deer Tick. The dog ticks are the larger of the two, are usually brown in color, and can grow to the size of a small jelly bean after eating a blood meal. The dog tick can spread a disease known as Rocky Mountain Spotted Fever, but cannot spread Lyme Disease. The deer tick is much smaller and harder to see, about the size of the head of a pin. Deer ticks can carry Lyme Disease. The likelihood of getting these diseases from a tick bite is very remote if the tick is removed before 12 – 24 hours, so prevention of illness is possible if ticks are discovered and removed promptly. Rocky Mountain Spotted Fever is very rare in this area, but Lyme Disease is present and something to be aware of. More information on Lyme Disease can be found through our website links below.



TICK AVOIDANCE

1. Keep children and dogs out of weedy or wooded tick-infested areas when possible
2. Examine children, clothing, and dogs at least twice daily when in infested areas
3. Tuck pant cuffs into socks or boots when in infested areas
4. Use an insect repellent containing 30% or less DEET (N, N-Diethyl-meta-toluamide) when in tick infested areas.

TICK REMOVAL

One way to remove a tick is to use tweezers to grasp the tick close to the surface of the skin and pull straight out with steady pressure. Don't twist or jerk the tick as its mouthparts could be left in the skin. Don't use a match or cigarette to remove/destroy ticks. Don't touch the tick after removal with bare hands as any infected fluids from the tick could infect the handler through a small cut. Wash the bite area thoroughly with soap and water.

Another simple method for removing ticks is to moisten a cotton ball with a little water and rub the tick gently counterclockwise (for some reason the tick stays in the skin if you rub in a clockwise direction). After one or two circles you should find the tick intact on the cotton ball.

If you are concerned about a tick bite or exposure, please call our phone nurses during business hours to discuss the specifics of the bite.

For more information on Lyme Disease, please see our website at www.centremedsurg.com or go to www.health.state.pa.us/HPA/CDFlyme.htm