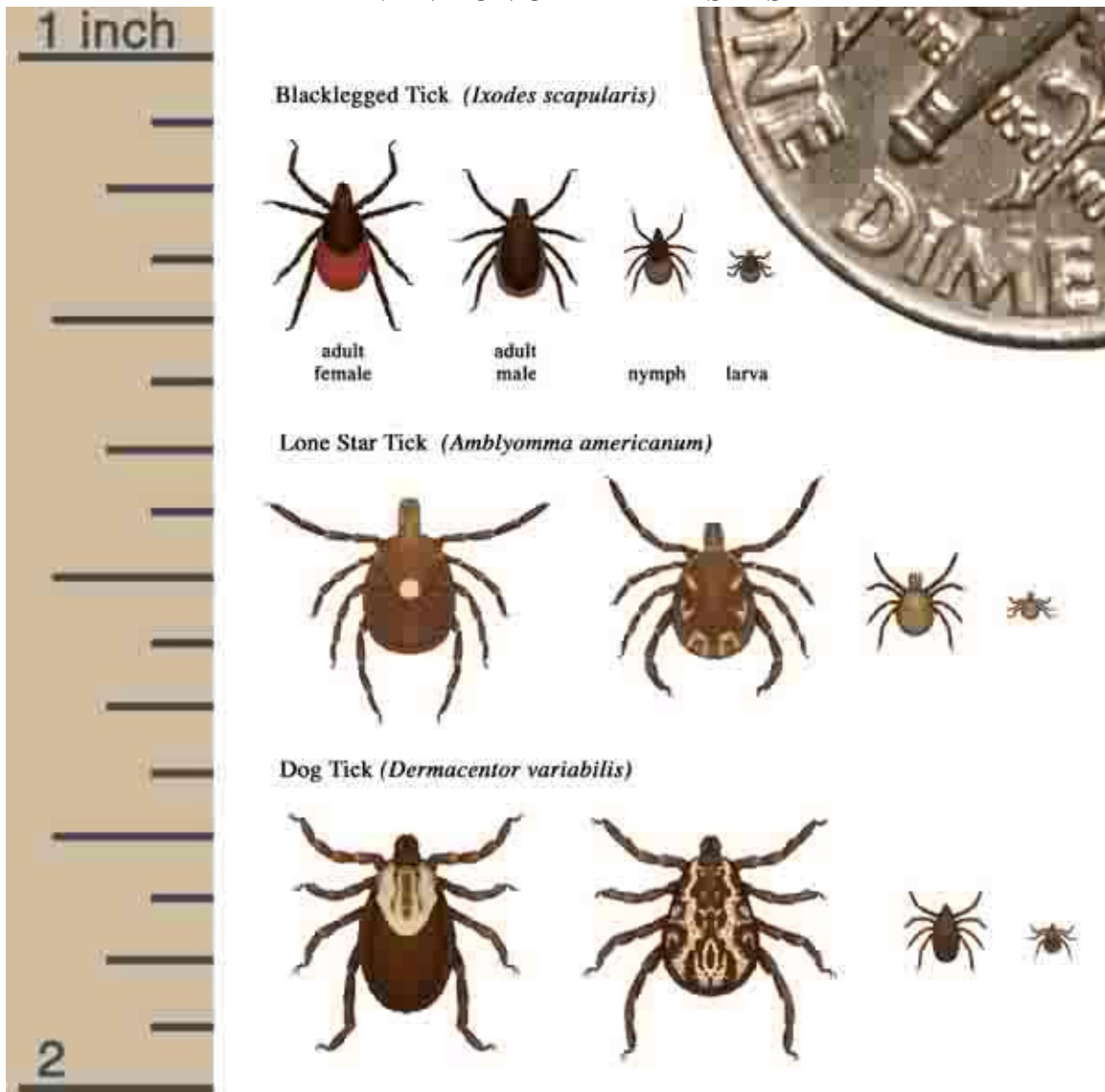


PREVENTION OF LYME DISEASE



Lyme disease is a very serious illness that is prevalent throughout various regions of Minnesota. Lyme disease is caused by bacteria which are transmitted by the deer tick (blacklegged tick). The Minnesota Department of Health Brochure has information on the disease and how to protect yourself from it. There is currently a vaccine for Lyme Disease. This vaccine must be given in three doses: initial dose, at one month, and one year. However, the Department of Health is not sure of its effectiveness. The best protection is prevention.

Please keep in mind the following techniques to prevent the contraction of Lyme disease: By routinely checking for ticks after being outdoors, you can remove ticks before they embed and have the chance to transmit Lyme disease. The highest risk time for acquiring Lyme disease is when the nymphs are active, usually May through July.

1. Conduct a thorough tick check on yourself, your children and your pets after spending time outdoors. Ticks do not jump or fly onto their hosts. They wait on top of grasses and other vegetation until an animal/person brushes against them. Then they cling to skin, fur or clothing and will crawl for a time on the host before they embed and feed. Ticks must be embedded and engorged (not flat) before they transmit the Lyme disease bacteria. Therefore, it is important to look for and remove any ticks as soon as possible in order to prevent infection.
2. Wear light-colored clothing. This may not deter ticks but it makes them easier to find.
3. Create barriers by tucking pants into boots or socks; wear long-sleeved shirts, buttoned at the cuff.
4. Apply tick/insect repellent to pants, socks, and shoes. Products containing 30% DEET, or 0.5% permethrin are almost 100% effective in repelling deer ticks. If you use these types of products, be sure to follow the directions of the manufacturer on the label. (SEE COMPARISON TABLE FOR THE ESTIMATED HOURS OF PROTECTION DIFFERENT INSECT REPELLENTS MAY PROVIDE).
5. Walk in the center of mowed trails to avoid brushing up against vegetation.
6. Fogging or spraying an area with insecticides is not an effective means of tick control.

Product	Percentage of DEET	Hours of Protection
OFF! Aerosol	15%	1 – 4
Deep Woods OFF! Aerosol	28.5%	4 – 5
Pump Spray	23.75%	4 – 5
Maximum Protection OFF!	100%	10
Ben's 100 Lotion	100%	10
Aerosol	25.5%	10
Muskol Lotion	95%	10
Aerosol	25%	10
Ultra Muskol Aerosol	40%	10
Deet-Plus Lotion	17.5%	8 – 12
Pump Spray	17.5%	8 – 12
Natrapel Lotion	0	2 – 3
Pump Spray	0	2 – 3
Cutter Cream	33.25%	6 – 10
Stick	31.4%	6 – 10
Aerosol	21.85%	6 – 10
Repel Lotion	55%	1 – 6
Pump Spray	52.25%	1 – 6

Repel 100	Lotion	95%	1 – 6
	Pump Spray	95%	10
Tec-Labs		100%	10
No See Um		0	3 - 6