

# Resources for Community Wide Initiatives

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## State Resources, Statistics and Information

### New Hampshire Department of Health and Human Services

- Lyme and other Tick-borne Diseases: <http://www.dhhs.nh.gov/dphs/cdcs/lyme/>

The screenshot shows the website for the New Hampshire Department of Health and Human Services (DHHS). The page title is "Lyme and Other Tickborne Diseases". The header includes the DHHS logo and navigation links for "Families & Children", "Women", "Teens", "Adults", "Seniors", and "People with Disabilities". A search bar is located in the top right. The main content area contains several paragraphs of text explaining the spread and prevention of Lyme disease. On the right side, there are two sidebar sections: "Program Information" with links to "Communicable Disease Control & Surveillance", "Disease Reporting Forms", "Health Alerts", "Publications", "EEE/West Nile Virus", and "Contact Communicable Disease Control & Surveillance"; and "Related Resources" with links to "Centers for Disease Control & Prevention", "Tickborne Diseases of the United States: A Reference Manual for Health Care Providers", "Choosing an Insect Repellent", "Connecticut Tick Management Handbook", and "Biology and Management of Ticks in NH". At the bottom right, there is a green box with the text "Prevent Lyme disease! Wear repellent".

***Over 60% of ticks in Hillsborough County  
have tested positive for the bacteria that  
causes Lyme disease***

- Lyme Disease Data: <http://www.dhhs.state.nh.us/dphs/cdcs/lyme/publications.htm>

The screenshot shows the website for the New Hampshire Department of Health and Human Services (DHHS). The header includes the DHHS logo and the text "New Hampshire Department of HEALTH AND HUMAN SERVICES". A navigation bar lists categories: Families & Children, Women, Teens, Adults, Seniors, and People with Disabilities. A search bar is located in the top right.

The main content area is titled "Publications and Data for Lyme and Other Tickborne Diseases". It includes a "Publications" section with a paragraph stating that materials are available to educate the public about protecting against tick bites. Below this, it notes that limited quantities of materials may be available and provides contact information: (603) 271-4496 or 1-800-852-3345, extension 4496.

A list of resources is provided under the "Publications" section:

- › [Tick Cards](#)
- › [Stop Mosquito and Tick Bites](#)
- › [Protect Yourself and Your Family Poster](#)
- › [Bug News for Kids](#)
- › [Protect Yourself from Ticks Where You Work! June 2014](#)
- › Free Lyme disease related materials are published by the [Centers for Disease Control and Prevention](#)

There is also a "Maps and Reports" section. It states that the NH Department of Health and Human Services updates Lyme disease data annually in the spring and provides the following maps and reports:

Maps	Reports by County
› <a href="#">2013</a>	› <a href="#">2008-2013</a>
› <a href="#">2012</a>	› <a href="#">2008-2012</a>

On the right side of the page, there are two sidebars. The "Program Information" sidebar lists:

- › Lyme Disease
- › Disease Reporting Forms
- › Health Alerts
- › Contact Communicable Disease Control & Surveillance

The "Related Resources" sidebar lists:

- › Centers for Disease Control & Prevention
- › Choosing an Insect Repellent
- › Connecticut Tick Management Handbook
- › Biology and Management of Ticks in NH

At the bottom right, there is a green box titled "Prevent Lyme disease!" with three buttons: "Wear repellent", "Check for ticks daily", and "Shower soon after being outdoors".

## ***Lyme Disease Fact Sheet:***

This fact sheet provides quick answers to all of the basic questions that one needs to know about Lyme disease in two pages. This fact sheet could be placed in public bulletin boards for employees/ patrons to read.

<http://www.dhhs.nh.gov/dphs/cdcs/lyme/documents/lyme.pdf>

**New Hampshire**  
Department of  
Health and Human Services  
Division of Public Health Services

# Fact Sheet

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# Lyme Disease

**What is Lyme disease?**  
Lyme disease is caused by a bacterium, *Borrelia burgdorferi*. It was first identified in the U.S. in a cluster of children in Lyme, Connecticut in 1977, hence the name. The bacteria are transmitted to humans by the bite of infected deer ticks and cause more than 20,000 infections in the United States each year.

**Who gets Lyme disease?**  
Lyme disease can affect people of any age. Persons who spend time in wooded or grassy areas are at greater risk of disease because of the increased exposure to ticks. This includes people who work or play in their yard, participate in recreational activities away from home, such as hiking, camping, fishing, and hunting, or who engage in outdoor occupations, such as landscaping, brush clearing, forestry, and wildlife and parks management.

**When are ticks most active?**  
Deer ticks in the nymphal, or juvenile, stage, which are less than a tenth of an inch long (<2 mm), are active from May until August. This is the stage most likely to bite and infect people. Adult ticks, which are about an eighth of an inch in size (2-3 mm), are most active in middle to late fall. Our recent lab studies show that about 60% of the deer ticks in many parts of New Hampshire are infected with Lyme disease.

**How is Lyme disease transmitted?**  
Lyme disease is spread in New England by the bite of the black-legged tick (*Ixodes scapularis*). Other species transmit the bacteria in other parts of the country. Ticks feed by inserting their mouths into the skin of a host and drawing blood. If a tick feeds on an animal infected with Lyme disease and then on a person, it can transmit the bacteria to the person. There is no evidence that Lyme disease is transmitted from person to person. For example, a person cannot get infected from touching, kissing, or having sex with a person who has Lyme disease.

**What are the symptoms of Lyme disease?**  
The illness usually occurs during the summer months. Often, but not always, people develop a large circular rash around or near the site of the tick bite. Multiple rash sites may also appear. Other symptoms such as chills, fever, headache, fatigue, stiff neck, swollen glands, and muscle and/or joint pain may be present. These may last for several weeks. If Lyme disease is left untreated, complications such as meningitis, facial palsy, arthritis, and heart abnormalities may occur and other body systems may be affected. Swelling and pain in the large joints may recur over many years. These later symptoms may appear in people who did not have early symptoms or did not recognize them.



## University of New Hampshire

- Biology and Management of Ticks in New Hampshire:  
[http://extension.unh.edu/resources/files/Resource000528\\_Rep1451.pdf](http://extension.unh.edu/resources/files/Resource000528_Rep1451.pdf)
  - The University of New Hampshire produced this resource in order to help you learn what ticks look like, how they live, what diseases they spread and how to prevent these diseases.



Education Center & Info Line  
practical solutions to everyday questions  
Toll free Info Line 1-877-398-4769  
M-F • 9 AM - 2 PM  
W • 5 - 7:30 PM

# Biology and Management of Ticks in New Hampshire

There are two families of ticks, the *Ixodidae* (hard ticks) and *Argasidae* (soft ticks). Those of importance to hikers, campers, and pet owners are in the family *Ixodidae*. Therefore, this publication covers species of that group. Several species are important because they bite people and/or pets. Some can also transmit diseases to the people or pets they bite.

This publication will help you learn what ticks look like, how they live, the diseases they spread, how to manage tick problems, and how to protect yourself from tick-borne diseases.



Blacklegged tick larvae & pinhead

## New Hampshire Tick Species



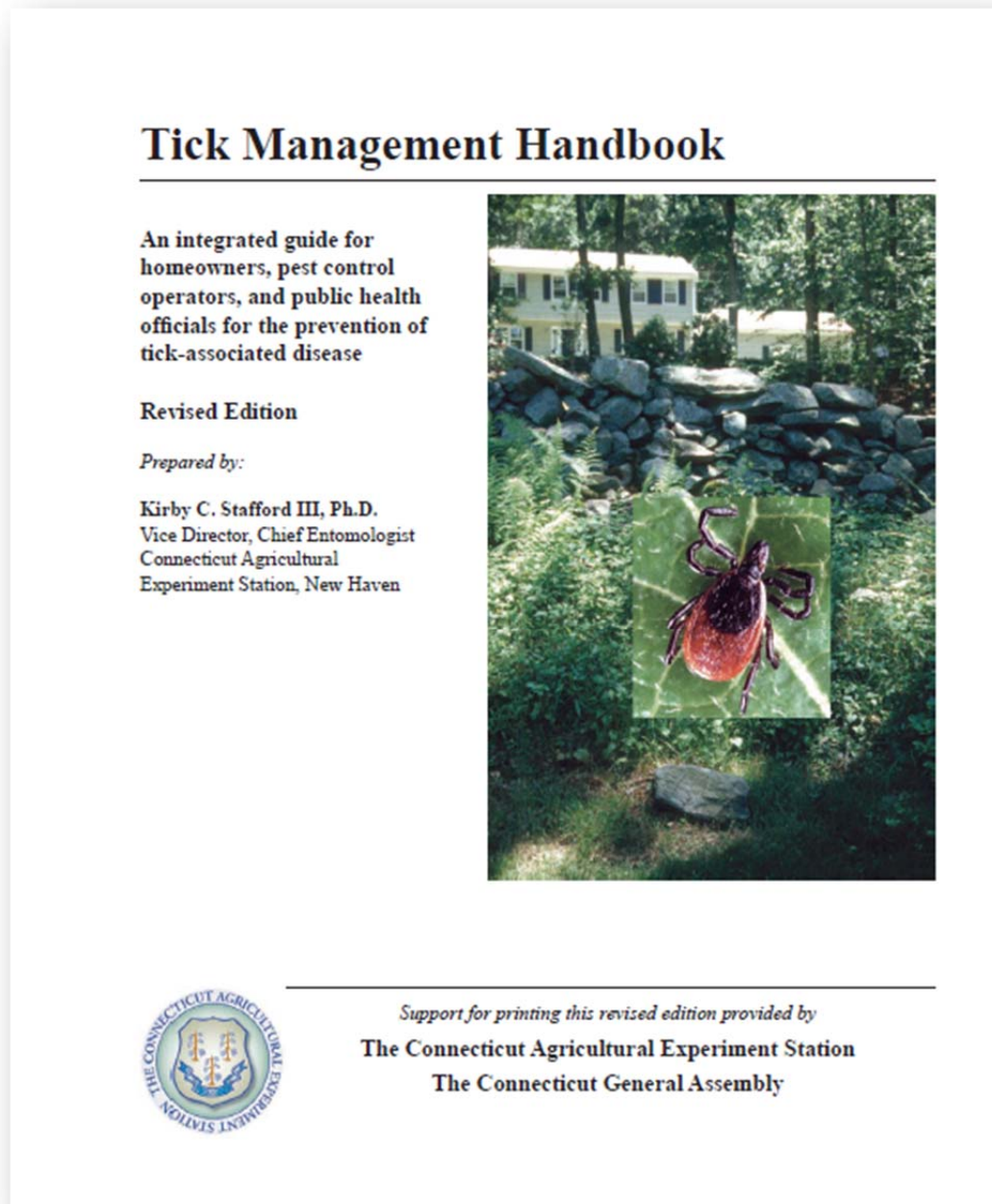
Questing American dog tick

The American dog tick, *Dermacentor variabilis*, is the most frequently encountered tick in New Hampshire. It is about 1/8" (4-5mm) long, brown and tan, with an obvious mottled pattern of surface markings on the back (opposite the belly side). It is a "three-host tick," so named because it must find and feed on an animal three times to complete its two-year life cycle. This species has now spread to every county in the state. Parts of Cheshire, Sullivan, Grafton and northern Coos don't have many.

The dog tick begins life as an egg, one of hundreds laid in a mass on the ground by a female tick. The egg hatches into a larva, which has six legs. The larva remains on the ground in leaf litter, or in low vegetation while waiting for a small mammal to brush by. It attaches to the animal and feeds for

***The Connecticut Agricultural Experiment Station, The Connecticut General Assembly***

- Tick Management Handbook:  
[http://www.ct.gov/dph/lib/dph/infectious\\_diseases/lyme/TickManagementHandbook2007.pdf](http://www.ct.gov/dph/lib/dph/infectious_diseases/lyme/TickManagementHandbook2007.pdf)
  - This is a guide for homeowners, pest control operators and public health officials on how to prevent tick-borne diseases. It was drafted by the Connecticut General Assembly to be used as a guide in preventing tick-borne diseases.



## Online Resources for Ordering Lyme Prevention Materials

### Centers for Disease Control and Prevention Info (CDC\_INFO) On Demand

- Order or download books, fact sheets, pamphlets, and educational materials
- Search for “Vector-borne Diseases” or “Vector-borne Diseases – Lyme Disease”
- Website: <http://www.cdc.gov/pubs/CDCInfoOnDemand.aspx>

The screenshot shows the CDC-INFO On Demand Publications interface. At the top, there is a search bar and a navigation menu with letters A-Z and a hash symbol. Below this is a header for "CDC-INFO on Demand - Publications".

On the left sidebar, there are sections for "CDC-INFO" (Stacks, Contact CDC-INFO, Comunique con CDC-INFO), "Top 10 Orders" (Current Month, 6 Months, Current Year, All Time), and "Heads Up Parent/Athlete Information Sheet".

The main content area features a search filter section with dropdown menus for "Programs" (All Programs), "Languages" (All Languages), and "Material Type" (All Material Types). The "Search for Text" field contains "Lyme Disease". Below the filters, it states "Found 3 Publications that match your search (viewing 1 - 3)".

Two publications are listed:

Title	Pub ID	Program	Description	Language	Material Type	Order Amount	Limit	Action
Lyme disease prevention and tick removal bookmark	221291	Vector-Borne Diseases -- Lyme Disease	Laminated bookmark. Front: Tick bite prevention tips Back: Tick removal instructions	English	Bookmark	0	100	Add to Cart
Lyme disease: What you need to know	221574	Vector-Borne Diseases -- Lyme Disease	A brochure that provides answers to the most common Lyme disease questions: How is it spread? Where is it found? How is it prevented? How is it diagnosed? How is it treated?	English	Brochure			

Each result includes a "Download" link with a PDF icon and the text "Please consider downloading instead of ordering." There is also an "Add to Cart" button for the first result.

On the right sidebar, there are options for "Email page link", "Print page", "Get email updates", "Subscribe to RSS", "Listen to audio/Podcast", "Cart" (Limit 18 separate publications, Cart is Empty, Publications: 0, Items: 0, Check Out button), "Search Order Status" (Go button), and "Contact Us" (Centers for Disease Control and Prevention, Clifton Rd. Atlanta, Atlanta, GA 30333, 800-CDC-INFO (800-232-4636), TTY: (888) 232-6348).



### Tick Encounters Shower Card

- You can purchase this shower card and place it in your shower as a reminder of how to check yourself properly for ticks
- Website: [http://www.tickencounter.org/tepp/dailytickcheck\\_showercards](http://www.tickencounter.org/tepp/dailytickcheck_showercards)

University of Rhode Island  
**TickEncounter** Resource Center

HOME ABOUT TICKSMART F.A.Q. TICK IDENTIFICATION PREVENTION TICKSPOTTERS BLOG PARTNER RESOURCES NEWS

TickEncounter Prevention Partner [What is the TEPP Program](#) | [Partnership Levels](#) | [Become A Partner](#) | [Current Prevention Partners](#) | [TEPP Stories](#)

**TickEncounter Prevention Partner**

Partner with TERC to prevent tick bites and tick-borne disease in your community.

**TickSmart™ Daily TickCheck Shower Cards help prevent disease by reminding people to do a daily tick check.**

You've just taken a shower or bath. You're already naked. Now, just look...and use our guide to know where to be sure to look and what you are looking for. *(TickEncounter advises doing a full-body check at least once a day during active tick seasons-shaded areas highlight body regions where ticks are commonly found biting)*

**Only blacklegged ticks transmit Lyme disease.**  
*(Ixodes scapularis or "blacklegged ticks" or "deer ticks")  
(Ixodes pacificus or "western blacklegged ticks")*

**Other ticks you might find biting**  
Lone star ticks American dog ticks

**Daily TickCheck Shower Card**

**Be TickSmart. Stay TickSafe!  
Check for Ticks Every Day.**

1. Scalp 5. Waist & Back



## Tick Check Diagram

# Is there a tick on you? Do a tick check!



Here's where to look:

- Inside and behind the ears
- Along your hairline
- Back of your neck
- Armpits
- Groin
- Legs
- Behind the knees
- Between your toes

*Ticks are tiny, so look for new "freckles."*



Actual sizes of nymph (left), adult female dog tick (center) and adult deer tick (right)

Source: <http://extension.missouri.edu/news/DisplayStory.aspx?N=2001>

## Social Media Blurb: Facebook, Twitter, Etc.

### *Tips*

When posting to social media it is best to keep things simple and include capturing images with links to credible information. With each of the posts below include <http://www.cdc.gov/lyme/> as well as an image that you think would capture attention such as the one below.



Source: [http://s3.hubimg.com/u/6902862\\_f496.jpg](http://s3.hubimg.com/u/6902862_f496.jpg)

### *Facebook Posts*

“Lyme Disease is on the rise and the best way to avoid it is preventing it! Remember to check for ticks everywhere after going outside... Don’t forget to check your furry friends too!”

“60% of ticks in NH carry Lyme disease- always check yourself and others for poppy seed sized ticks after being outside”.

“We want you to know that Lyme disease is a serious problem in our region. Beware of ticks outdoors and remember to check for ticks after being outside”.

### *Twitter Posts*

“Spring and summer are here! Watch out for ticks and make sure to check yourself!”

“If you’re going outside keep ticks in mind! The best way to stop Lyme disease is to prevent it!”

“Stop Lyme disease by wearing repellent, wearing the proper clothing and checking yourself!”

### *Widgets*

To add a widget on Lyme disease to your website, visit the CDC Lyme Disease Toolkit website at: <http://www.cdc.gov/lyme/toolkit/index.html>





## Template Newsletter Article

Lyme disease is caused by a bacteria called *Borrelia burgdorferi*, which is transmitted to humans through the bite of infected blacklegged ticks, also known as blacklegged tick ticks. In 2012, New Hampshire was reported to have the highest incidence of Lyme disease in the United States, and in recent years, Hillsborough and Rockingham counties have accounted for nearly 70% of all confirmed Lyme cases in New Hampshire. However, proper education and prevention can help reduce the number of Lyme disease cases.

The blacklegged tick is most active from early spring to late fall, but preventative measures should be taken year round. If you are planning on spending time outdoors then remember to wear a good repellent, such as one containing DEET. The CDC recommends a repellent containing 20-30% DEET on exposed skin and clothing, as DEET can be effective for several hours at this concentration. It is equally important to reapply the repellent as needed by following the product instructions. Parents should apply repellents containing 20-30% DEET to their children and make sure to avoid the hands, eyes, and mouth. DEET shouldn't be applied to babies under 2 months of age. Light colored clothing should be worn to easily spot ticks, and pants should be worn and tucked into socks to prevent ticks from crawling up the legs. When hiking, remember to stay on established paths, as this reduces your chance to encounter ticks. Check for ticks on your body, and be mindful of hard to see places such as armpits, scalp, groin, and the back of knees. After coming indoors, take a shower to wash away any ticks that may be crawling on you, and if any ticks are found on you, or your clothing, put your clothes in the dryer under high heat for 60 minutes to kill any remaining ticks.

For more information on Lyme disease, tick removal, and prevention methods for pets and backyards please visit the CDC's website on Lyme disease at [cdc.gov/lyme](http://cdc.gov/lyme). The Nashua Environmental Health Department is also available to identify ticks and answer any questions you may have. The Nashua Environmental Health Department can be reached Monday through Friday 8AM-5PM at 603-589-4530.

## Distributable E-mail

Subject- Spring is Here, Let's Prevent Lyme Disease!

Text-

Hello,

With the nice weather right around the corner, we would like to share some tips on preventing Lyme Disease!

- Try to avoid walking in the deep woods or bushy tall grass areas and walk in the middle of all paths
- Check yourself and kids for ticks in the shower after each time you are outside for a prolonged period of time (don't forget the groin, scalp and armpits)
- Check pets for ticks frequently
- Wear long sleeves and pants along with bug spray containing at least 20% DEET.

In the event that you do find a tick on yourself or others, you can remove it by finding a pair of fine tipped tweezers, gripping the tick as close to the skin as possible, and pulling straight away from the body, making sure not to twist the tick. If you found and removed a tick that may have been attached for 36 hours or longer, contact your healthcare provider and watch for a "bulls eye" looking rash or flu-like symptoms. If you experience these, you should consult a healthcare provider, making sure to inform them that you have been bitten by a tick. For more information, you can visit the Centers for Disease Control and Prevention website (<http://www.cdc.gov/lyme/>) or call the City of Nashua, Environmental Health Department at (603) 589-4530.

## Checklist for Creating a Tick Free Space

- Clear tall grasses and brush around buildings and at the edges of the playground or yard
- Place a 3ft wide barrier of wood chips and gravel between the edge of the playground or yard and the woods as well as around all play equipment
- Maintain the playground by mowing the lawns, raking up leaf litter and removing all trash
- Remove any tick breeding grounds such as old mattresses, furniture or cars from the playground or yard
- Keep all play equipment away from the edges of wooded areas
- Keep all tick carriers such as mice, deer and stray dogs out of the playground or yard
- Safely spray a small amount of acaricide once every May or June around the border of the playground or yard to keep ticks away

\*For more information visit [http://www.cdc.gov/ticks/avoid/in\\_the\\_yard.html](http://www.cdc.gov/ticks/avoid/in_the_yard.html)



Source: [http://www.ct.gov/caes/lib/caes/documents/special\\_features/tickhandbook.pdf](http://www.ct.gov/caes/lib/caes/documents/special_features/tickhandbook.pdf)



## Before and After Pictures of Lawns Controlled for Ticks

A. Yard before landscape intervention.



B. Yard after landscape intervention.



Source: [http://www.ct.gov/caes/lib/caes/documents/special\\_features/tickhandbook.pdf](http://www.ct.gov/caes/lib/caes/documents/special_features/tickhandbook.pdf)

*If you think you may have contracted or become infected with Lyme disease, contact your healthcare provider to discuss treatment options as soon as possible.*

## CDC Pamphlet (PDF)

- A pamphlet containing information on how Lyme disease is spread, where it is found, how it is prevented, how it is diagnosed and how it is treated.
- <http://www.cdc.gov/lyme/resources/brochure/lymediseasebrochure.pdf>



## Trail Sign

- Post this trail sign in parks, trails, playgrounds, schools, camps, backyards and any area outdoor area that may have ticks. PDF of Trail Sign:

<http://www.cdc.gov/lyme/resources/toolkit/2%20Color%20Trail%20Sign.pdf>



**PREVENT  
LYME  
DISEASE!**

- **WEAR REPELLENT**
- **CHECK FOR TICKS DAILY**
- **SHOWER SOON AFTER  
BEING OUTDOORS**
- **CALL YOUR DOCTOR IF YOU  
GET A FEVER OR RASH**



For more information:  
[www.cdc.gov](http://www.cdc.gov)





## Lyme Disease PowerPoint

- A brief PowerPoint that can be presented in a quick meeting or sent via email. This can be downloaded from the City of Nashua, Division of Public Health and Community Services website at: <http://bit.ly/nashuahealtheducation>

