

Resources for Employers and Employees

Occupations at Risk.....	2
Recommendations for Employees	2
Recommendations for Employers.....	3
NHDHHS Protect Yourself Where You Work.....	4
CDC Guide for Outdoor Workers	5
Lyme Disease Prevention Checklist for Employers	6

Occupations at Risk

The following is a list of occupations that commonly see employees reporting cases of Lyme disease:

- Construction
- Landscaping
- Forestry
- Brush clearing
- Land surveying
- Farming
- Railroad work
- Oil field work
- Utility line work
- Park or wildlife management
- Other outdoor work

Recommendations for Employees

The following are steps that employees can use to prevent contracting Lyme disease at work:

- Wear a hat and light-colored clothing that includes long-sleeved shirts and pants tucked into boots or socks
- Use insect repellents that provide long lasting protection
 - Make sure to use repellents that contain 20-30% DEET
 - Follow directions on label properly
- Use insecticides such as Permethrin for greater protection
- Check skin and clothes for ticks during breaks, at lunch and after work
- Place clothes in a hot dryer to destroy any missed ticks
- Learn the symptoms of Lyme disease
 - Seek medical attention if you believe you may have Lyme disease or if you believe a tick has been attached for longer than 24 hours.

*For more information: <http://www.cdc.gov/niosh/topics/lyme/>

Recommendations for Employers

The following are steps that employers can take to create a more informed and safe workplace

- Provide training for staff members that includes information about
 - The spread of Lyme disease
 - Risks of exposure to Lyme disease
 - How to protect yourself
 - How to report illnesses in the workplace
- Advise workers to wear light-colored, long-sleeved shirts, long pants, socks, and a hat
- Provide workers with insect repellents containing 20-30% DEET
- Have workers avoid working at sites with woods, bushes, tall grass, and leaf litter whenever possible
- When not possible: remove leaf litter, mow lawns and brush and control all rodent and deer activity

*For more information: <http://www.cdc.gov/niosh/topics/lyme/>



Source: http://www.sciencephoto.com/image/434040/530wm/F0043511-Workers_talking_at_construction_site-SPL.jpg

NH DHHS Protect Yourself Where You Work

<http://www.dhhs.nh.gov/dphs/hsdm/ohs/documents/ticksbrief0614.pdf>

This is an issue brief on tick-borne diseases designed for outdoor workers, supervisors and safety personnel.



Protect Yourself from Ticks Where you Work!

This Issue Brief is specifically for outdoor workers, their supervisors, and workplace safety personnel.

Types of tick-borne diseases

What types of workers are at risk for tick bites?

At-risk occupations and job duties include, but are not limited to, the following:

- ⇒ Brush clearing workers
- ⇒ Construction workers
- ⇒ Landscapers
- ⇒ Farmers

Ticks may carry bacteria and pass them to humans and other warm-blooded mammals when they attach themselves for a blood meal. Lyme disease is the most commonly reported tick-borne disease in New Hampshire with approximately 1,689 (confirmed and probable) cases reported in 2010. This is an

Lyme disease data and maps by county and town are updated annually and are available at: <http://www.dhhs.nh.gov/dphs/cdcs/lyme/publications.htm>.

Lyme disease, babesiosis, anaplasmosis and Powassan virus are transmitted by the bite of the black-

attached to people. A single tick can be co-infected with any of the above pathogens and thus transmit multiple diseases during a single bite.

Lyme disease and other tick-borne diseases can be serious. It is important that you and your employer know how to prevent

CDC Guide for Outdoor Workers

English:

Lyme Disease and Outdoor Workers

http://www.cdc.gov/lyme/resources/toolkit/factsheets/10_508_Lyme%20disease_Outdoorworkers_FACTSheet.pdf

Spanish:

Enfermedad de Lyme y trabajan al aire libre

http://www.cdc.gov/lyme/resources/toolkit/factsheets/10_508_Lyme%20disease_Outdoorworkers_FACTSheet_Spanish.pdf

Portuguese:

Doença de Lyme e trabalhadores ao ar livre

http://www.cdc.gov/lyme/resources/toolkit/factsheets/10_508_Lymedisease_BrazilianPortuguese_FACTSheet.pdf

Ticks and Lyme Disease

How to prevent tick bites when working outdoors

Ticks can spread disease, including Lyme disease. Protect yourself:

- Use insect repellent that contains 20 - 30% DEET.
- Wear clothing that has been treated with permethrin.
- Take a shower as soon as you can after working outdoors.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

How to remove a tick

1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin.
2. Pull the tick straight up and out. Don't twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let your skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.

Note: Do not put hot matches, nail polish, or petroleum jelly on the tick to try to make it pull away from your skin.

If you remove a tick quickly (within 24 hours) you can greatly reduce your chances of getting Lyme disease.

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector Borne Diseases | Bacterial Diseases Branch

C52D422 A

Lyme Disease Prevention Checklist for Employers

Use this tool to determine which actions you already take to promote Lyme disease prevention and which actions you can take at your organization. Place an “x” in the appropriate column as you fill out the checklist. For actions you want to consider implementing, identify the appropriate person in your organization that can complete the action and assign a timeline for completing the action.

Action Item	Already Being Done	Consider Implementing (Identify Lead for Action)	Not Applicable to my organization
Review the Lyme Prevention Toolkit for information and to become familiar with available resources		N/A	N/A
Education			
Post prevention tips on Facebook, Twitter and other social media sites <ul style="list-style-type: none"> Reference the Toolkit Resources – General Information Section for a template 		Lead: Deadline:	
Hang up posters that promote tick checks and insect repellants near exits to the facility and near fields		Lead: Deadline:	
Sent an email blast to staff with information that promotes prevention <ul style="list-style-type: none"> Reference the Toolkit Resources – General Information Section for a template 		Lead: Deadline:	
Put information on prevention in your quarterly newsletter <ul style="list-style-type: none"> Reference the Toolkit Resources – General Information Section for a template 		Lead: Deadline:	
Put table tents with information on prevention in the cafeteria		Lead: Deadline:	
Include components of prevention into staff training		Lead: Deadline:	

Post Lyme disease quiz to scrolling PowerPoint or TV screen in the cafeteria or waiting areas <ul style="list-style-type: none"> Reference the Toolkit – Schools/Camps section 			
Educate staff and workers on prevention measures		Lead: Deadline:	
Tick Control Environment near the Facility			
Clear tall grasses and brush around buildings		Lead: Deadline:	
Place a 3ft wide barrier of wood chips and gravel between the edge of the woods and the grounds		Lead: Deadline:	
Maintain the grounds by mowing the lawns, raking up leaf litter and removing all trash		Lead: Deadline:	
Remove tick breeding grounds such as old mattresses, furniture or cars from the grounds		Lead: Deadline:	
Keep all tick carriers such as mice, deer and stray dogs out of the grounds		Lead: Deadline:	
Consider safely spraying a small amount of acaricide once every May or June to keep ticks away		Lead: Deadline:	
Situational Awareness			
Check the CDC website at www.cdc.gov each spring for new information or educational materials that can be used		Lead: Deadline:	
Check the NH DHHS website at http://www.dhhs.state.nh.us/ for new information on Lyme disease in New Hampshire		Lead: Deadline:	