

TICK BITES & POISON IVY

Reducing exposure to ticks is the best defense against Lyme disease, Rocky Mountain spotted fever, and other Tickborne infections. There are several steps you can take to prevent and control Lyme disease. Poison ivy, poison oak, and poison sumac release oil, urushiol, when the leaf or other plant parts are bruised, damaged, or burned. When the oil gets on the skin an allergic reaction, referred to as contact dermatitis, occurs in most exposed people as an itchy red rash with bumps or blisters.

The following are recommendations from the Centers for Disease Control to prevent and treat Tickborne infections and poison Ivy allergic reactions:

Ticks	Poison Ivy
<p>Preventing Tick Bites</p> <ul style="list-style-type: none"> • Use insect repellent that contains 20 - 30% DEET. • 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. 	<p>Symptoms of Skin Contact</p> <ul style="list-style-type: none"> • Red rash within a few days of contact • Swelling • Itching • Possible bumps, patches, streaking or weeping blisters NOTE: Blister fluids are not contagious
<p>How to remove a tick</p> <ul style="list-style-type: none"> • If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin. • 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. • Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water. • 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. 	<p>First Aid</p> <p>If you are exposed to a poisonous plant:</p> <ul style="list-style-type: none"> • Immediately rinse skin with rubbing alcohol, poison plant wash, or degreasing soap (such as dishwashing soap) or detergent, and lots of water. • Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol. • Scrub under nails with a brush. • Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching and blistering . • Oatmeal baths may relieve itching. • An antihistamine may help relieve itching.
<p>When to see a doctor</p> <p>See a doctor if you develop a fever, a rash, severe fatigue, facial paralysis, or joint pain within 30 days of being bitten by a tick. Be sure to tell your doctor about your tick bite. If you have these symptoms and work where Lyme disease is common, it is important to get treatment right away.</p> <p>If you do not get treatment, you may later experience severe arthritis and problems with your nerves, spinal cord, brain, or heart.</p>	<p>Protect Yourself</p> <p>Wear long sleeves, long pants, boots, and gloves. Wash exposed clothing separately in hot water with detergent. Barrier skin creams, such as lotion containing bentoquatam, may offer some protection. After use, clean tools with rubbing alcohol or soap and lots of water. Urushiol can remain active on the surface of objects for up to 5 years. Wear disposable gloves during this process.</p> <p>Do not burn plants or brush piles that may contain poison ivy, poison oak, or poison sumac.</p>