



JOHNSON COUNTY HEALTH DEPARTMENT

dedicated to the prevention of disease and promotion of wellness for our community.

FOR IMMEDIATE RELEASE:

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LYME DISEASE PREVENTION

(OLATHE, KS – **MAY 14, 2008**) Now is the time to take precautions against Lyme disease. June is peak season for Lyme disease in the Midwest. The disease is transmitted to humans by the bite of infected blacklegged ticks. Symptoms include fever, headache, fatigue, and a characteristic skin rash that looks like a “bull’s-eye.” If left untreated, infection can spread to joints, the heart, and the nervous system. This disease can be easily treated if caught early.

“Preventing a tick bite is the best way to avoid contracting Lyme disease,” states Dr. Leon Vinci, Health Director of the Johnson County Health Department. “Taking some simple measures to protect yourself from the infection is essential.”

The best prevention for persons living in areas where Lyme disease is common include daily self-examination for ticks, use of tick repellents, use of landscaping practices that reduce tick populations in yards and play areas, and avoidance of tick-infested areas.

Avoid tick bites if you will be in a potentially tick-infested area by wearing light-colored clothing and tucking your pant legs into your socks. Check your body for ticks after returning from a potentially tick-infested area and remove ticks promptly to reduce the chance of disease transmission.

For additional information on Lyme disease, go to www.cdc.gov/ncidod/dvbid/lyme

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