



JOHNSON COUNTY HEALTH DEPARTMENT

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

FOR IMMEDIATE RELEASE:

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PREVENT TICK- BORNE DISEASES THIS FALL

(OLATHE, KS – **SEPTEMBER 4, 2008**) Be on the lookout for ticks this fall season- especially when working in the yard. The Johnson County Health Department suggests the following to prevent tick bites:

- Use insect repellent with 20 to 30 percent DEET on exposed skin and clothing to prevent tick bites.
- Wear long pants, long sleeves and long socks to keep ticks off your skin. Wearing light-colored clothing will help you spot ticks more easily. Tucking pant legs into socks or boots and tucking shirts into pants help keep ticks on the outside of clothing.
- Check skin and clothes for ticks every day – pay special attention to armpits, scalp and groin area.
- Remove leaf litter and tall grasses and brush from around your home. Mow the lawn and clear brush and leaf litter frequently.
- Keep playground equipment away from yard edges and trees.
- Use a special pesticide to reduce tick populations in the area of your home.

“Following these simple steps can slow the spread of these diseases in our area,” Dr. Leon Vinci, Johnson County Health Department Director, said.

The three most commonly diagnosed tick-borne diseases in our area are Ehrlichiosis, Lyme disease (which is endemic for surveillance purposes in Kansas), and Rocky Mountain Spotted Fever. These diseases often share similar symptoms, including fever, headache and muscle and joint pain.

For additional information on these diseases, go to <http://www.cdc.gov/niosh/topics/tick-borne>

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