

SAFETY MOMENT

Lyme Disease Prevention

Lyme disease is the most commonly reported tick-borne disease in the United States. In 2010, more than 22,500 confirmed and 7,500 probable cases of Lyme disease were reported to the Centers for Disease Control and Prevention (CDC). Lyme disease is passed to humans by the bite of black-legged ticks (also known as deer ticks in the eastern United States) and western black-legged ticks. While it is a good idea to take preventative measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active. The CDC recommends:

- **REPELLING TICKS WITH DEET OR PERMETHRIN**
- **FINDING AND REMOVING TICKS FROM YOUR BODY**
- **CHECKING ANIMALS FOR TICKS**
- **TICK PROOFING YOUR YARD**
- **DON'T ASSUME YOU'RE IMMUNE**

SYMPTOMS OF LYME DISEASE INCLUDE: flu-like symptoms (fever, chills, sweats, muscle aches, fatigue, nausea and joint pain). Some patients have a rash or Bell's palsy (facial drooping). However, although a rash shaped like a bull's-eye is considered characteristic of Lyme disease, many people develop a different kind of Lyme rash or none at all.

Service – Teamwork – Accountability – Respect – Safety

**Tap Into
Safety**



Regional Water Authority



Safety is a core company value at the Regional Water Authority .
It is our goal to reduce workplace injuries to zero.

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