LIFESTYLE LESSONS

Personal risk management tips provided by: Peabody Insurance Agency

Did You Know?

Spending time outdoors is a wonderful way to bond with family and friends, and enjoy nature. Before you head out into the great outdoors, you need to be aware of a danger lurking not so deep in the woods—Lyme disease. This bacterial infection is contracted after coming in contact with a deer tick that has feasted off another infected animal.

BEWARE OF TICKS

There are three main stages of Lyme disease:

- *Early Localized Lyme Disease*: A rash develops on the skin at the site of the bite within one to 31 days. It resembles a bull's-eye and slowly expands followed by flu-like symptoms.

- *Early Disseminated Lyme Disease*: Skin, joint, nervous system and heart complications occur.

- *Late Persistent Lyme Disease*: Infected person develops severe joint, nervous system and heart complications.

As you can see, prevention and early recognition of Lyme disease is critical for your well-being.

Use these tips to help prevent coming in contact with a deer tick while outdoors:

- Wear light-colored clothing to make identifying ticks easier.

- Spray yourself with insect repellent that contains DEET.

- Wear long-sleeved shirts and pants when in wooded areas.

- Walk in the center of trails to avoid overhanging trees or bushes.

- Keep long hair tied back so that ticks cannot climb up your hair and attach themselves to your scalp.

- Wash your body and clothing and inspect your body for ticks. Inspect your dog's coat too if he or she has been playing in wooded areas.

Healthy Hints

Bacteria from a tick bite do not transmit into your bloodstream for 36 to 48 hours, which lessens your chance of contracting the disease if you find ticks and remove them immediately:

- Use a tweezers to grab the tick firmly where it has entered the skin.

- Slowly, yet firmly, pull the tick directly outward.

- Once the tick is removed, clean the bite thoroughly with a disinfectant and watch the area for any symptoms.

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