



Lyme Disease Prevention Program

Ridgefield Health Department



Connecticut Dept. of Public Health Lyme Prevention Grant



Town of Ridgefield received grant in April 2008

Mission: Create a targeted and affordable Lyme
Prevention/Early Symptom Identification campaign
that could be replicated throughout Fairfield County

Funded through December 2008

Health Belief Model

- The risk of catching a tick-borne disease is high in Fairfield County
- These diseases can have serious consequences and should be taken seriously
- Prevention practices can make a difference

Program Goal

- Program participants would clearly understand and implement the most effective personal prevention measures for avoiding tick-borne diseases
- Program participants would clearly recognize the early signs and symptoms of tick-borne diseases and make informed decisions about seeking timely treatment

What is BLAST?



BLAST is the easy to remember acronym which represents the 5 most effective prevention measures that YOU can take to avoid getting a tick-borne disease.



Based on research

The BLAST acronym is based on the most effective prevention practices found in recent research by:

Neeta Pardanani Connally, MSPH, Ph.D.,
Yale University School of Medicine
Department of Epidemiology & Public Health
Connecticut Emerging Infections Program

Kirby C. Stafford III, Ph.D.
Vice Director, Chief Entomologist
Connecticut Agricultural Experiment Station
Department of Entomology

How do you avoid getting a tick bite?





BLAST

Bathe or Shower soon after coming indoors





BLAST

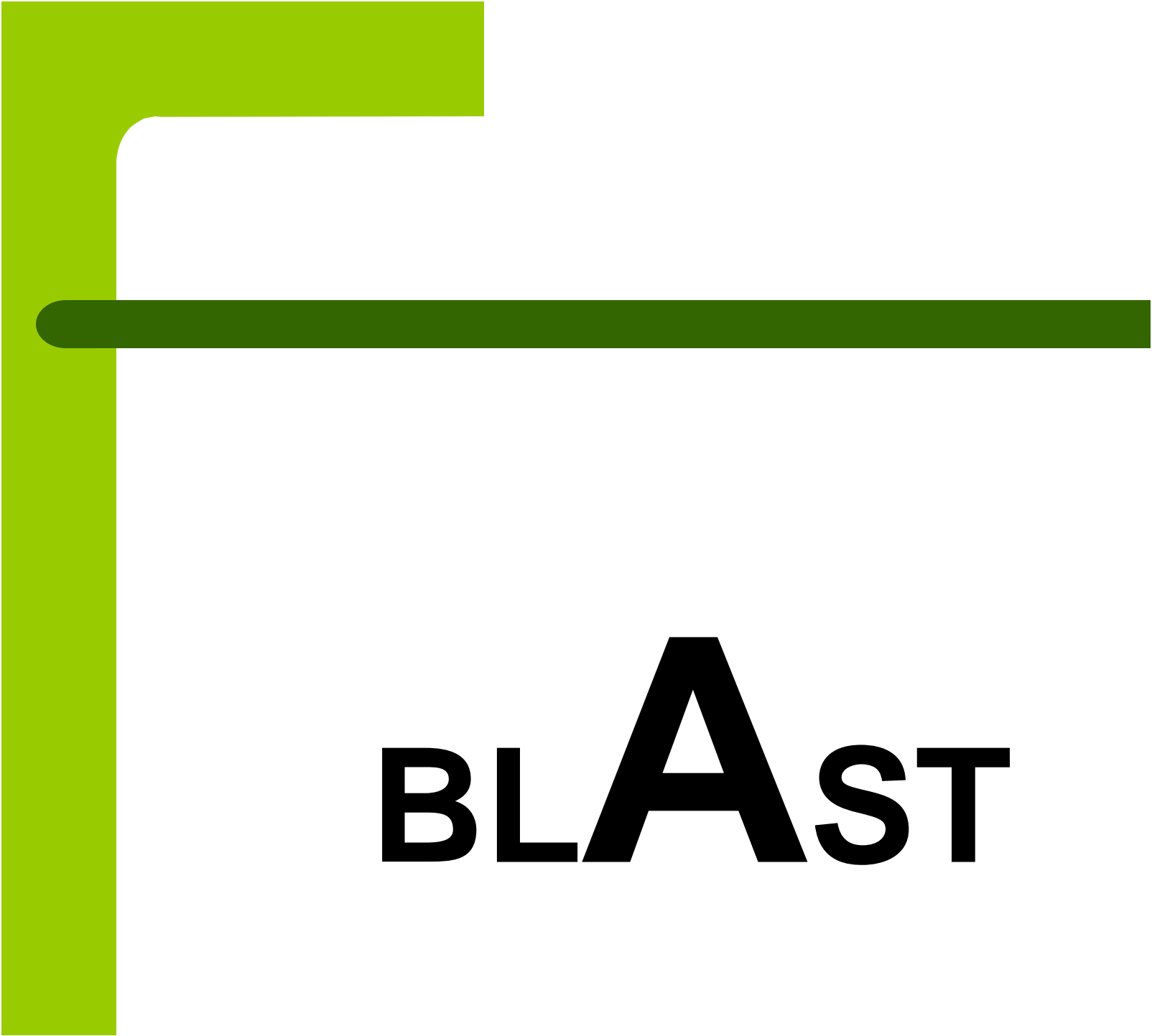
Look for Ticks and Rashes



- Tick bites are usually painless, therefore most people are unaware when they have a tick attached to them.



- Do a tick check every night!
- Ticks are very small, and may feed anywhere on the body so check thoroughly.



BLAST

Apply Repellents

SKIN

If you choose to use a tick repellent on your skin, we recommend using a product that contains *DEET* at a concentration of at least 30% - 40%.

CLOTHING

A *permethrin* based product is recommended for clothing. It provides great protection against ticks!





BLAST

Spray the Edges of Your Yard



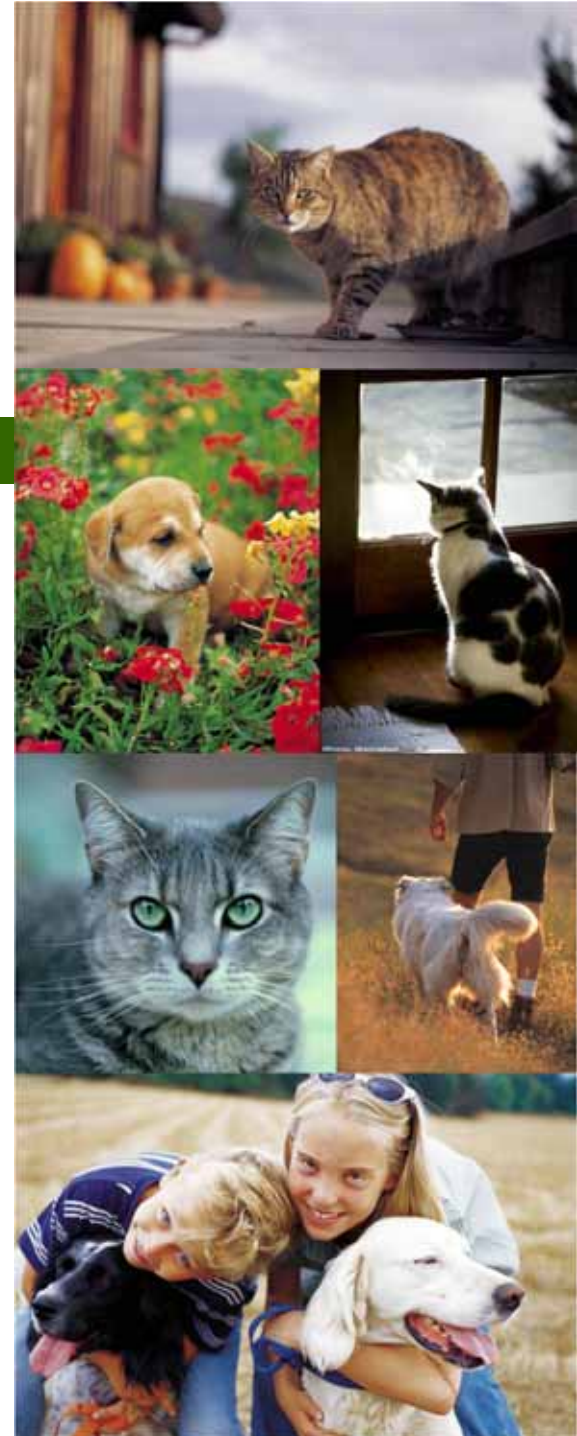
- A single *perimeter* spraying for tick control once in the Spring can reduce the number of ticks in your yard by up to 80% - 90%
- If you decide to spray your yard, it is best to hire a professional that is trained to do this job efficiently and safely.



BLAST

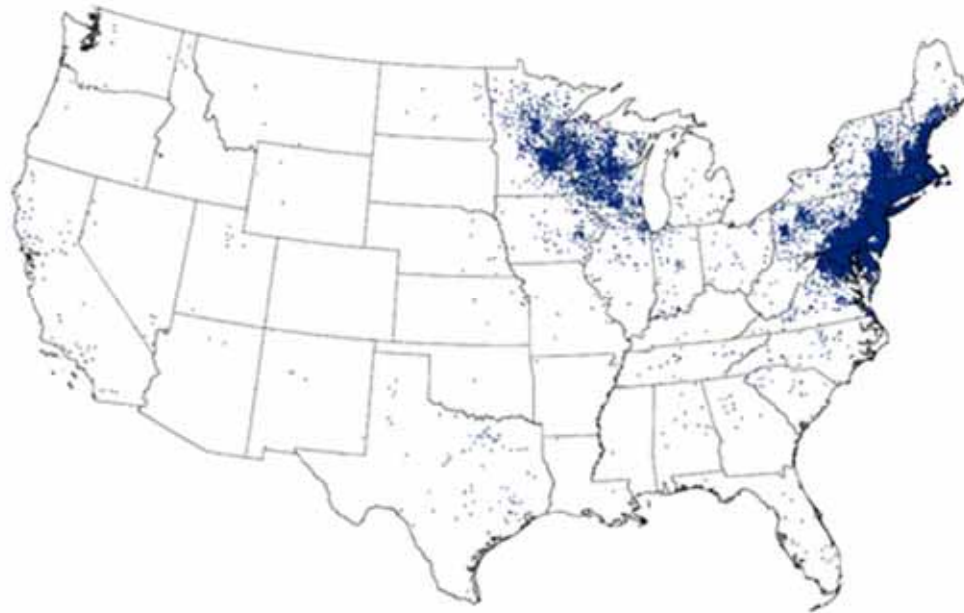
Treat Your Pets

- Check your pets for ticks after coming indoors.
- Ask your vet what you can put on your pet to repel ticks.
- Don't sleep with your pet because ticks on your pet may crawl onto you.



Lyme Disease in the United States

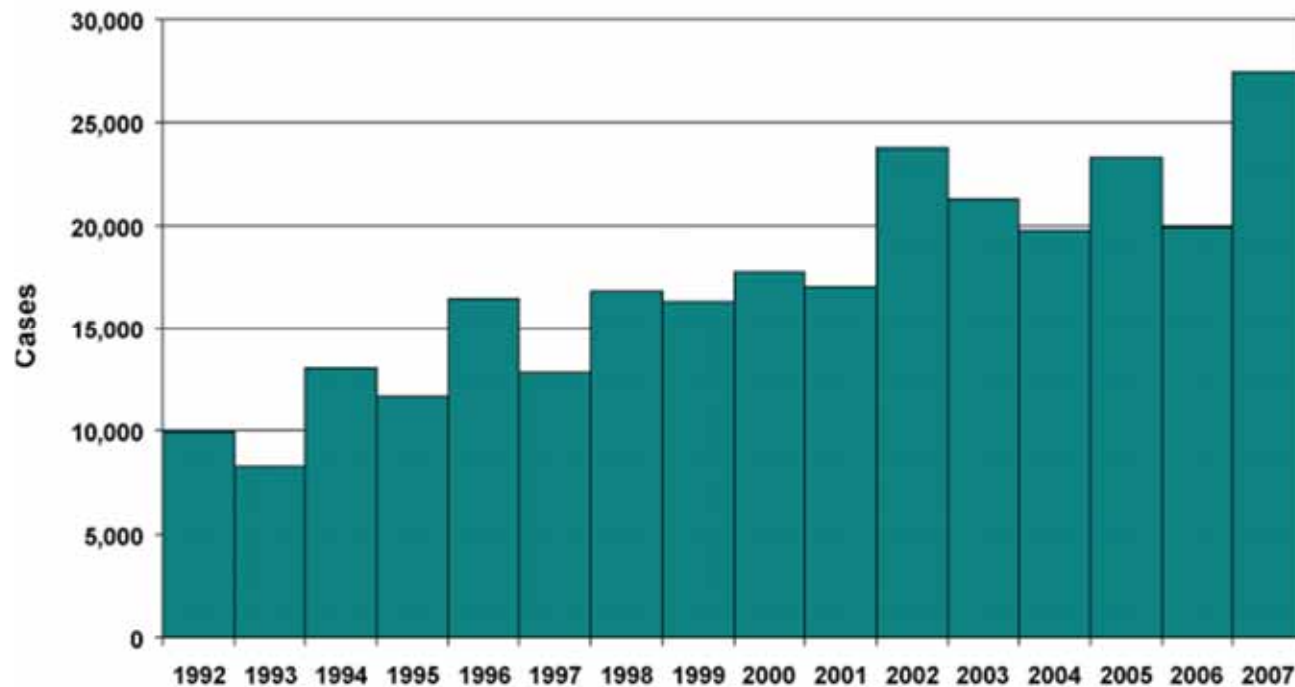
Reported Cases of Lyme Disease -- United States, 2007



1 dot placed randomly within county of residence for each reported case

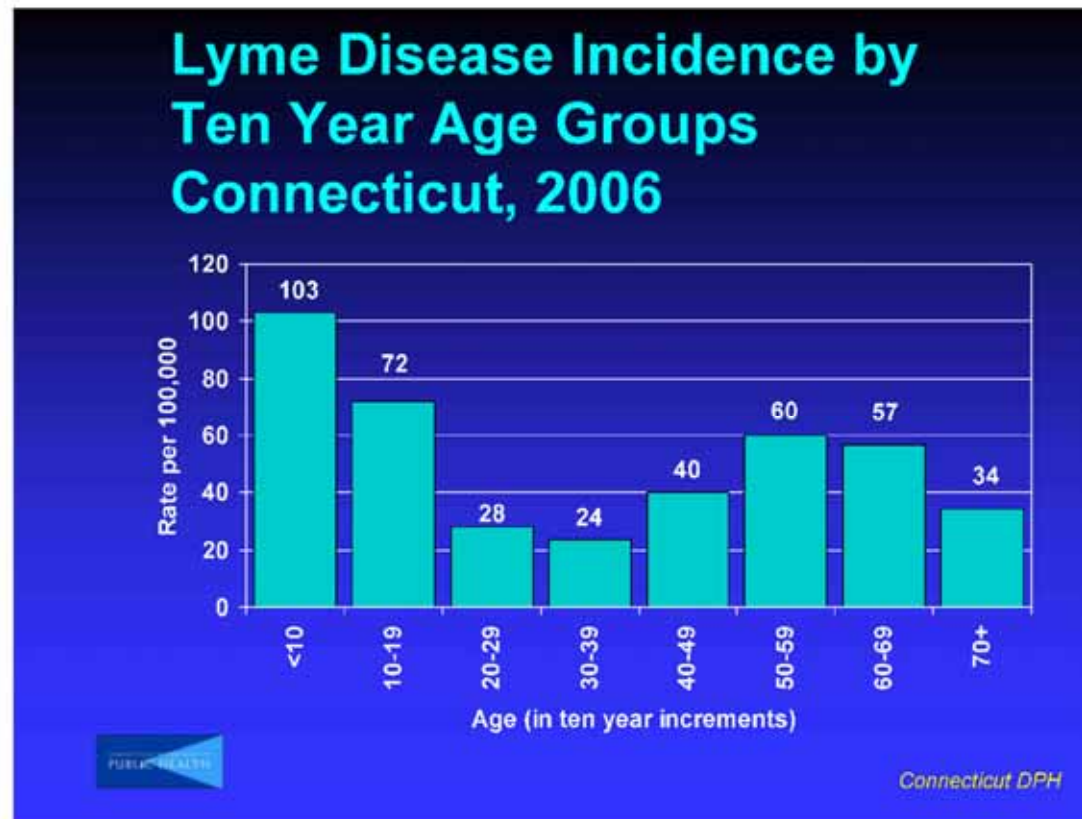
Lyme Disease is on the rise...

Reported Cases of Lyme Disease by Year, United States, 1992-2007



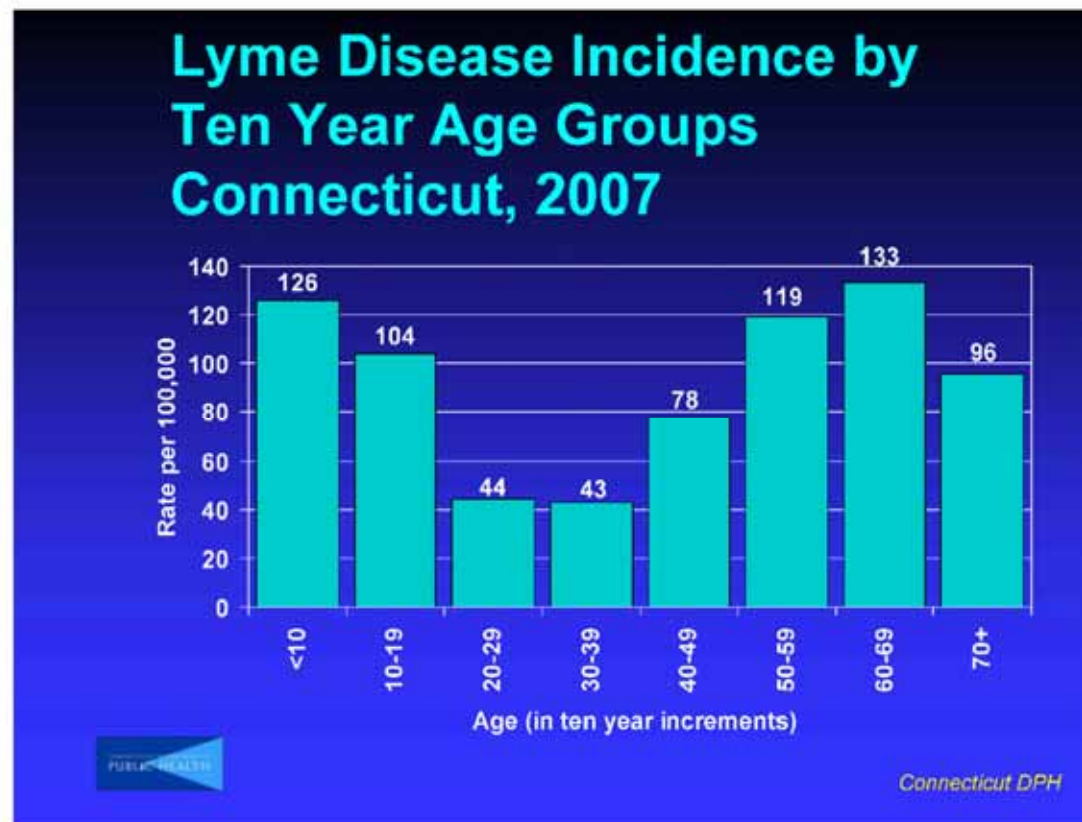
Who gets Lyme?

2006



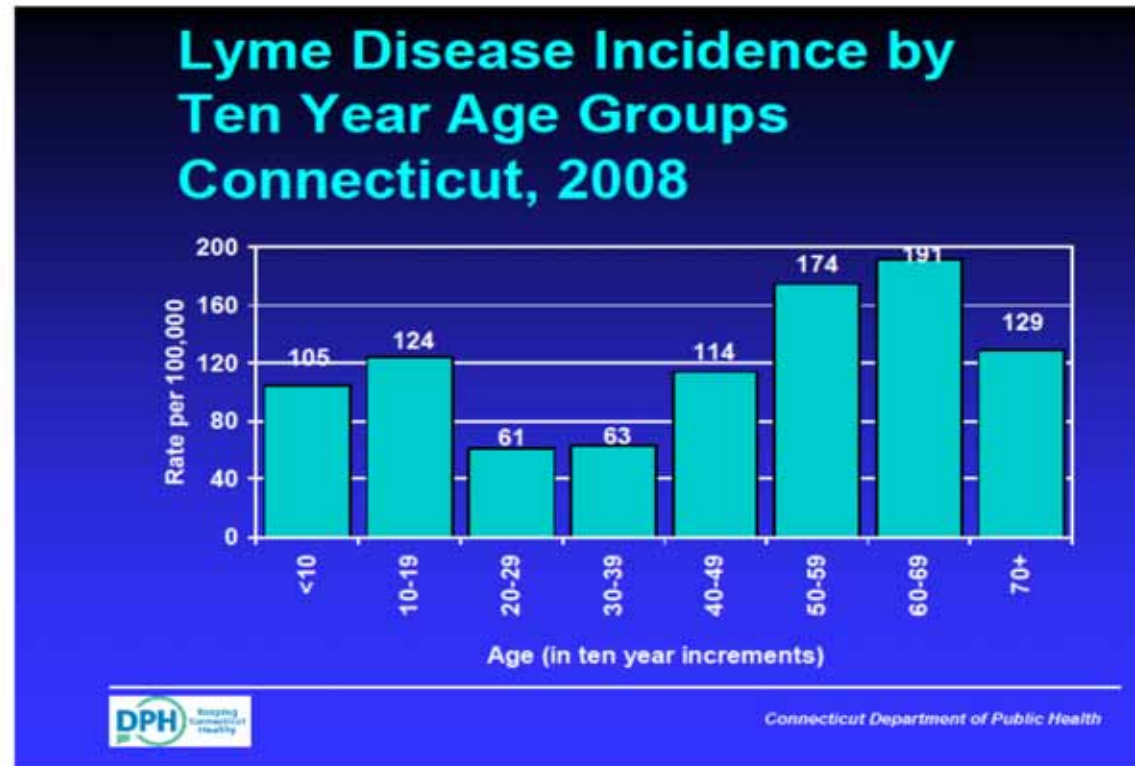
Who gets Lyme?

2007

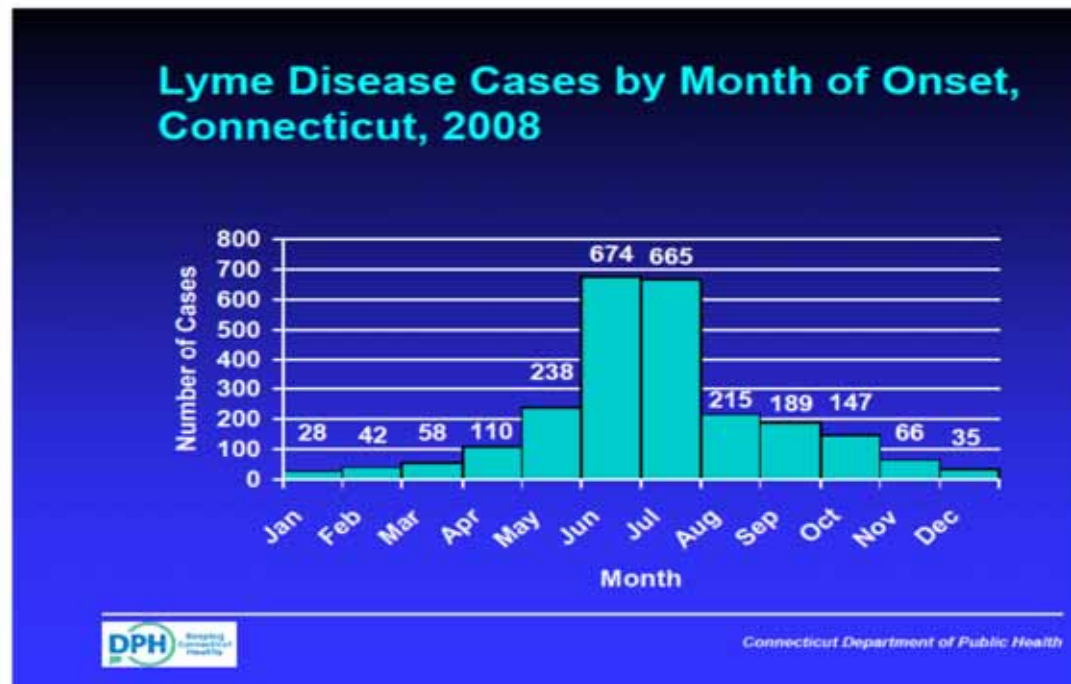


Who Gets Lyme?

2008



When am I most likely to get a Tick-Borne Disease?



Which Tick-Borne Diseases does BLAST Address?

- Several diseases can be acquired from the bite of an infected tick:
 - Lyme Disease
 - Babesiosis
 - Ehrlichiosis



What do Ticks Look Like?



Black-Legged Ticks

- Adult Female: Reddish body size comparable to a sesame seed
- Adult Male: Slightly smaller than female, completely dark brown
- Nymphs: Size comparable to that of a poppy seed
- Larva: Size smaller than that of a pin head

Larva cannot transmit Lyme Disease!



From left to right: Adult female, adult male, nymph, larva

The Tick Life Cycle

Year One

Year Two

Spring Summer Autumn Winter Spring Summer Autumn Winter

eggs



larvae



nymphs



adults



Adults mate,
produce eggs & die

Source: Center for Vector-Borne Disease, University of Rhode Island

Where do ticks live?

Ticks thrive in shady, moist areas



Tick Removal

- Use fine tipped tweezers.
- Grasp the tick by the mouthparts close to the skin.
- Pull straight back with a slow, steady force.
- Avoid crushing the tick's body.
- Wash area and disinfect the bite site.
- Record the date and location of the bite.
- Watch for early symptoms!



Early Signs and Symptoms

- Expanding Rash (not always present)
- Fatigue
- Headache
- Stiff Neck
- Fever/ and or chills
- Muscle and/or joint pain

Importance of early diagnosis and treatment:

Left untreated, the Lyme Disease infection can worsen and lead to joint swelling, neurological problems and cardiac complications.

Delivering the Blast Message

- Age appropriate power points
- Lime green color coding
- Display table for health events
- Printed flyers and information cards
- Promotional pencils, magnets, banners
- Free Lyme prevention brochures available from Centers for Disease Control (CDC)

Schools



Schools



Town Events



Local Businesses



Partners in Prevention

- Physicians Offices
- Visiting Nurse Assoc.
- Parks and Recreation
- Camps
- Continuing Education
- Churches
- Civic Organizations
- Newcomers Clubs

Endorsements

- Centers for Disease Control (CDC)
- CT Dept. of Public Health
- Fairfield County Health Directors
- Housatonic Valley Council of Elected Officials (HVCEO)
- CPHA Poster Presentation

BLAST Symposium 2008



2009 We were ready to roll !



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Community Volunteers



Danbury

- Danbury Hospital Children's Day
- Daughters of the American Revolution
- Greater Danbury Women's Ministries
- Danbury Library Display
- Under Our Skin Movie- Library/West Conn
- Goodrich Corporation
- Hispanic Health Fair
- CVS Stores – South St & Mill Plain Rd.
- West Conn Lyme Seminar and Health Fair

Housatonic Valley Council of Elected Officials LD Task Force



Norwalk Health Department



Lyme Disease 2009
Tick Me Off Conference

Wed. April 22nd

6:00 – 8:30 p.m.

Norwalk Hospital



Lyme Events – Create Footprints Run/Walk at Sherwood Island



CVS Stores in Fairfield County



Under Our Skin Film Showings



Connecticut Public Health Assoc.



**Connecticut
Public Health
Association**

Promoting Public Health in Connecticut Since 1916



Schools



Middle School Science Classes



Western Connecticut State Univ. Southern Connecticut State Univ.



Hispanic Community



Corporate Health Events



GOODRICH



Boehringer
Ingelheim



SIEMENS



Sidewalk Sales



Taxes



Signing Bill 6200 in Brookfield



Volunteer Training Event - 2009



Supporters



The Leir Foundation, INC.
Ridgefield, Connecticut



How will Newtown BLAST Lyme in 2010?

Thank you to the Newtown Health Department and Newtown Lyme Disease Task Force for including the BLAST message in their health programs in 2009.

- Health Department Display
 - Trail Days
 - Health Fairs
 - Spring Fest
 - Bridgewater Fair
- Purchase of BLAST display for community events
 - CVS Newtown BLAST display

Be a LYME Fighter!

Together we can

BLAST

Lyme Disease!

