

Tick and Lyme 101

- An estimated 300,000 people are diagnosed annually with Lyme disease in the US.
- The deer tick can transmit the Lyme pathogen to people through a bite.
- Ticks are active whenever the temperatures are above freezing.
- Any outdoor activity is a risk factor for being bitten. Many people are bitten right in their own backyards!
- Wear light colored clothing, long sleeves and pants and FREQUENTLY check yourself for ticks when outdoors.
- After outdoor activity, shower, put your clothes through the dryer and do a thorough check for ticks!
- If you are bitten, remove the tick with tweezers as close to your skin as you can get and visit your doctor!
- Lyme can develop into a chronic infection which can be debilitating.

Visit our new website resource
"Ticks and Tick-Borne Diseases"

<http://www.carantouangreenway.org/lymeandticks.html>

About Carantouan Greenway

The Carantouan Greenway is a not-for-profit 501 (c)(3) Land Trust and environmental organization that is registered in both Pennsylvania and New York States. Officially formed in 1995, we are in our 20th year working to educate and connect our communities to their natural resources. We operate as a public steward in the Upper Susquehanna Watershed, focusing in Tioga and Chemung Counties in NY and Bradford County in PA. The Greenway provides a variety of educational and outreach programs for all ages.

Our programs include field trips with a trained naturalist so participants can learn about local birds, trees, wildflowers, geology, vernal pools, ticks and other natural resources; opportunities for public outdoor enjoyment of a 50 acre nature reserve and other walking trails for hikers, birders, anglers, and outdoor enthusiasts; public forums given by local and regional experts covering topics such as Marcellus Shale gas drilling and climate change.

Visit the Greenway's Wildwood Reserve

Located east of Waverly, NY at 254 Shepard Road in the Town of Barton, Wildwood can be accessed from Rt. 17C in NY

Carantouan Greenway

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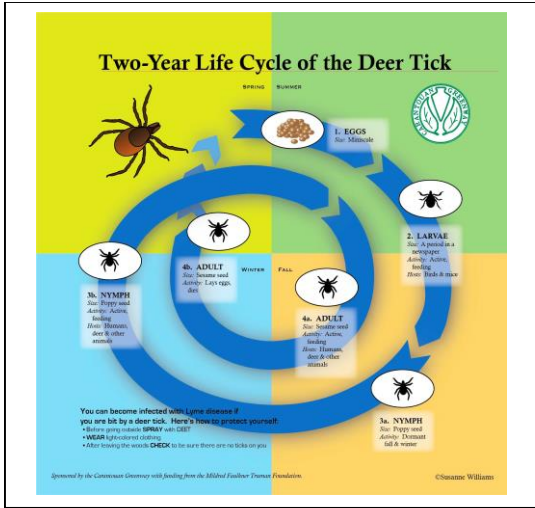
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Carantouan Greenway

What You Need to Know About Ticks and Tick-Borne Diseases



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What can I learn?

The Greenway's new web resource is designed to give an introduction to ticks and tick-borne diseases, with an emphasis on Lyme disease. It addresses many questions you may have, and offers resources for additional information.

Questions Addressed

- What species of ticks live in this area?
- Can all ticks transmit Lyme disease?
- What pathogens can ticks carry?
- When are ticks active?
- What puts me at risk for a tick bite?
- How do I prevent tick bites?
- What happens if I'm bitten by a tick?
- How do I properly remove a tick?
- Can I get my tick tested to see if it's carrying the Lyme pathogen?
- What are the symptoms of acute Lyme disease?
- Can Lyme become a chronic infection?
- How big is the problem?
- What research is currently being done in our area?

"We know that routine surveillance only gives us part of the picture, and that the true number of illnesses is much greater...Lyme disease is a tremendous public health problem..."

– Paul Mead, MD, MPH, chief of epidemiology and surveillance for CDC's Lyme disease program



Greenway Grant from MFTF, Spring 2016

Carantouan Greenway has been awarded a grant from the Mildred Faulkner Truman Foundation for a Ticks and Lyme Disease Educational Awareness Campaign. The spring 2016 project includes procurement of four rugged aluminum educational awareness signs to be distributed in various high-traffic outdoor community areas; as well as digital resources. Sign locations will include 1) Wildwood Reserve, 2) Waverly Glen, 3) East Waverly Park, and 4) Apalachin's Waterman Conservation Center. With over 25,000 total annual visitors at these locations, the impact potential for educational-awareness is immense. The signs, which depict the two-year life cycle of the tick, were designed by Carantouan Board member Sue Williams.

Special thanks to Mandy Roome, a doctoral student of Ralph Garruto at SUNY Binghamton; for all her hard work in the developing this site; and the MFTF for their generous financial support!



Current Research

Binghamton University is currently researching Lyme and other tick-borne diseases in the Upper Susquehanna River Basin from a biological and anthropological perspective. Their research looks at reservoir (mouse) and vector (tick) density and infectivity in high human foot traffic areas, such as State and County Parks, as well as behaviors and clothing choices that put individuals at risk for coming in contact with ticks, with an ultimate goal of developing a system dynamics risk model.

Thus far, preliminary data indicates that one in every 3 ticks and half of the mice tested are infected with the Lyme pathogen. Human behaviors and clothing choices put people at a high risk for coming in contact with ticks.

Specific data and opportunities to become involved can be found on the Greenway Lyme Resource site under "What research is currently being done in our area".

Contact Us
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