Stony Brook University

SAFETY TALK

Environmental Health and Safety Newsletter August 2015

Tick-borne Diseases

Tick-borne pathogens can be passed to humans by the bite of infected ticks. Ticks can be infected with bacteria, viruses, or parasites. 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). Outdoor workers are at risk of exposure to tick-borne diseases if they work at sites with ticks. Worksites with woods, bushes, high grass, or leaf litter are likely to have more ticks.

Prevention

Tuck your pant legs into your socks and shirt into your pants. Ticks grab onto feet and legs and then climb up. This precaution will keep them on the outside of your clothes, where they can be spotted and picked off. If possible, do not wear work clothing home. This will reduce the chances of bringing ticks home and exposing family members.

What are the symptoms of infection?

There are many symptoms associated with tick-borne diseases. Some common symptoms of infection with tick-borne diseases include muscle aches, fever, headaches, fatigue, joint pain, or rash.

Removal

Chances of contracting disease are greatly reduced if the tick is removed within the first twenty-four hours. To remove a tick, follow these steps:

1. Using a pair of tweezers, grasp the tick by the head or mouthparts right where they enter the skin. Do not grasp the tick by the body.
2. Without jerking, pull firmly and steadily directly outward.
3. DO NOT apply petroleum jelly, a hot match, alcohol, or any other irritant to the tick in an attempt to get it to back out.
4. Clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
5. Report the tick to your supervisor.

Date:	
Department:	
Supervisor *(please print)*:	
Supervisor Signature:	
Employee Participants: ***Please Print Clearly***	*Signature*

Environmental Health and Safety

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Supervisor must perform safety talk for the noted month and ensure all employees sign off on this form. Completed form is to be kept on file by department.