

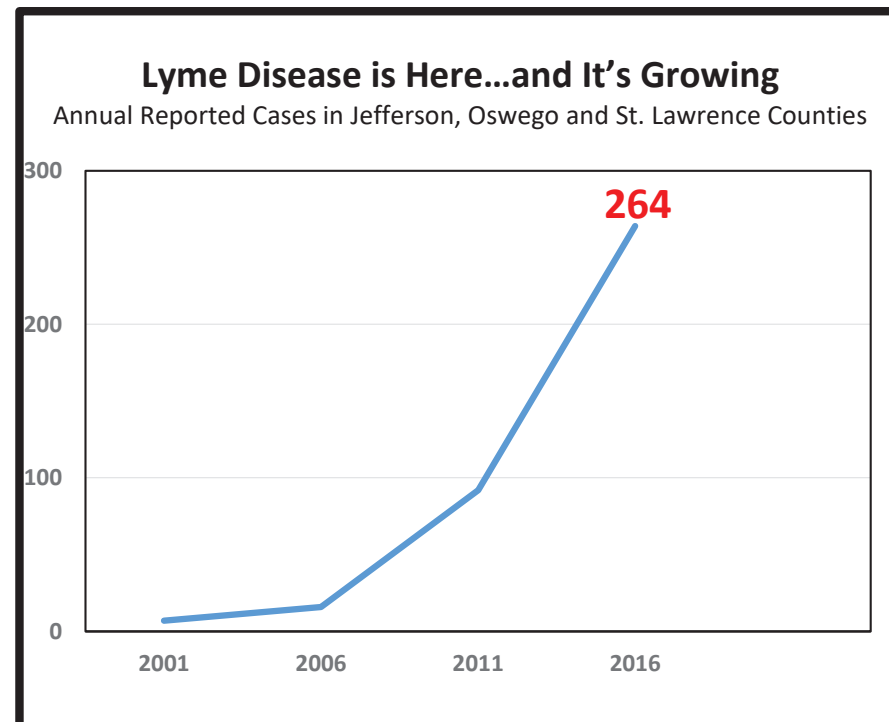
HOW I'M HELPING

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- Increasing public health awareness by distributing over 150,000 of these informational flyers since 2012 through our public schools
- Provided \$1 million in funding to CNY and NNY counties for mosquito control and public health outreach
- Hosted collection drives that removed and destroyed 50,000 waste tires from backyards and roadsides—denying mosquitoes a place to breed and spread disease
- Passed a law to speed development of an EEE vaccine

LYME DISEASE

- Sponsored legislation to expand testing for Lyme Disease
- Increased State Budget funding for Lyme Disease detection, awareness and prevention
- \$400,000 Budget funding in 2017-18



Senator Patty Ritchie

Ogdensburg
(315) 393-3024

Oswego:
(315) 342-2057

Watertown:
(315) 782-3418

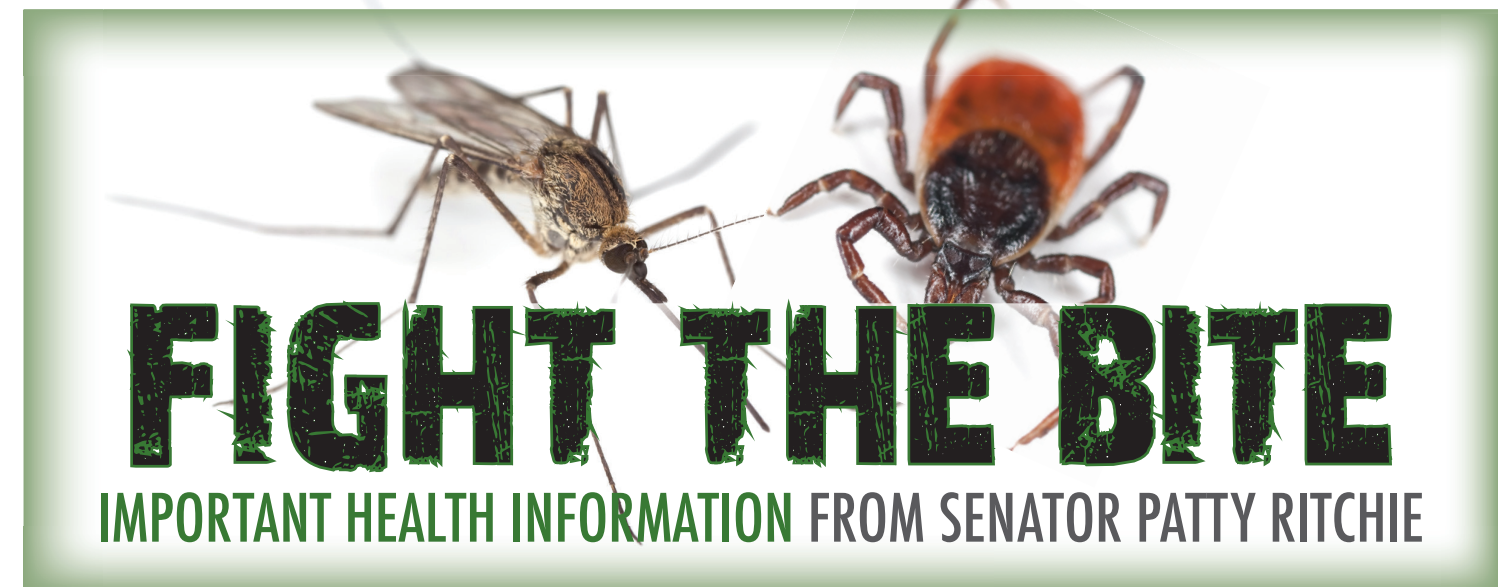
ritchie.nysenate.gov

**IF YOU HAVE MORE QUESTIONS,
ASK YOUR DOCTOR, VISIT THE
DEPARTMENT OF HEALTH WEBSITE,
WWW.HEALTH.NY.GOV, OR CALL**

Jefferson County Public Health Service (315) 786-3770

Oswego County Health Department (315) 349-3545

St. Lawrence County Public Health (315) 386-2325



Join Senator Patty Ritchie and
FIGHT THE BITE

HOW TO PROTECT YOURSELF FROM LYME DISEASE AND EEE

You can protect yourself and your family from diseases like Lyme and EEE by taking some common-step precautions. These diseases are on the rise, but the best way to stay healthy is to avoid getting bitten, These tips can help. **Fight the Bite for a healthy summer!**

Senator Patty Ritchie
Deputy Vice Chair
Senate Health Committee



FIGHT THE BITE

STAY SAFE FROM
LYME DISEASE
AND EEE



IMPORTANT HEALTH INFORMATION FROM SENATOR PATTY RITCHIE • DEPUTY VICE CHAIR, SENATE HEALTH COMMITTEE

WHAT IS EEE?

Eastern Equine Encephalitis is a rare but serious viral disease spread by mosquitoes. Since 1971, there have been five deaths from EEE in Central New York. There is no vaccine to prevent EEE.

WHO IS AT RISK?

Everyone is at risk from EEE—but people— but people over 50, and under 15, are at greatest risk of serious infection.

WHAT ARE THE SYMPTOMS?

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EEE symptoms will occur 4-10 days after a bite from an infected mosquito. Lyme Disease symptoms may appear 3-30 days after the bite of an infected tick; tiff neck or facial paralysis can occur within a few weeks to a few months and, left untreated, can result in heart problems and arthritis.

WHAT IS LYME DISEASE?

Lyme disease is an infection caused by a bacteria that is spread by the bite of an infected tick. Lyme disease can affect the skin, joints, nervous system and/or heart. If found early, Lyme can usually be treated with oral antibiotics.

HOW IS LYME SPREAD?

Not all ticks carry the bacteria that causes Lyme disease; in New York, the disease is spread by the blacklegged tick. You cannot get Lyme disease from another person or an infected animal.

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Lyme disease is often hard to diagnose because it has symptoms that are seen in many other illnesses. Look for a red rash, at least two inches in diameter. It may have a clearing in the center or look like a bullseye. Other symptoms also include fever, headache, muscle/joint pain and/or swollen glands.

WHEN DO SYMPTOMS OCCUR?

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LYME

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FIGHT THE BITE

THE BEST PROTECTION IS TO PREVENT MOSQUITOES
AND TICKS FROM BITING YOU.



- Use insect repellent containing DEET, picaridin or oil of lemon eucalyptus. Always follow all directions and precautions on the product label.
- Wear long-sleeves and pants. Spraying repellent on clothes can help.
- Be aware of peak mosquito hours. Dusk to dawn are peak biting hours, but some mosquitoes bite all day. Consider staying indoors when mosquitoes are most active.
- Fix your screens. Mosquitoes can enter your home through rips and tears in screens and open windows.
- Drain standing water. Mosquitoes lay their eggs in standing water in flower pots, buckets, bird baths, clogged gutters and yard debris, like old tires.
- Avoid ticks by staying on the center of trails and paths – don't brush against vegetation if you can avoid it.
- Wear light colored and tightly woven clothing. This makes it easier to see ticks.

Lyme Disease usually is not spread until tick remains attached for 24-36 hours, and blacklegged ticks are very small—smaller than a poppy seed—and hard to notice. It's important to check yourself and your children at least once a day, especially on the backs of knees, behind the ears, the scalp, armpits and back.

