

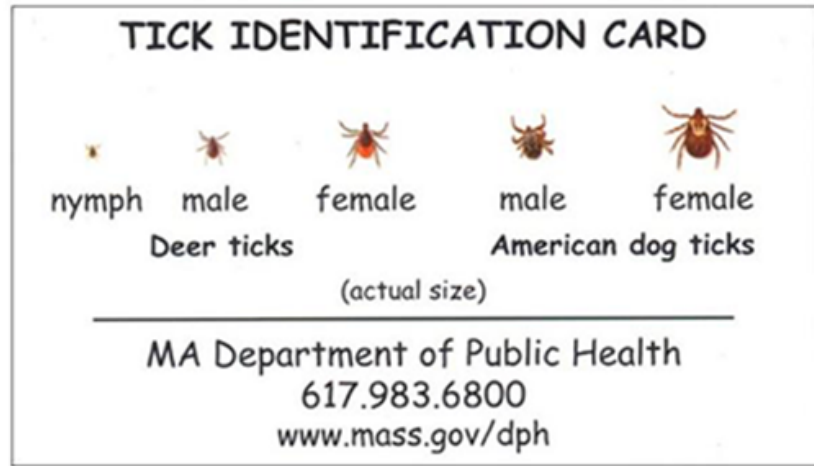
Lesser Known Tick-Borne Diseases

As the summer winds down, we think less about protecting ourselves from mosquitos and tick. Please keep in mind that ticks are active whenever the temperatures are above 40 degrees.

We have heard a lot about Lyme Disease, but we also have two other tick-borne diseases in Sudbury that people need to be aware of, especially since symptoms associated with these diseases are similar to the flu and COVID-19. Serious complications, and even death, can result if not identified and treated expeditiously.

Anaplasmosis is a bacteria carried by the blacklegged tick or deer tick, which are found along the entire eastern seaboard, and as far west as Texas, as well as along the entire western seaboard. Anaplasmosis affects white blood cells and can cause fever, headache, chills and muscle aches, vomiting, and diarrhea. These signs typically begin within 1-2 weeks after being bitten. There is no rash or other indicator that you have been infected, unlike Lyme Disease. Anaplasmosis is most common in the Northeast and in the upper midwestern states. The risk for contracting anaplasmosis is highest during summer months, however, the risk for anaplasmosis increases again in the autumn.

*Anaplasmosis cases result in **25 percent of hospitalizations**, compared with **5 percent of Lyme cases**.*



Babesiosis is transmitted typically by the nymph stage of deer ticks, which must stay attached 36-48 hours to be transmit the disease. Babesiosis affects red blood cells and is also most common in the Northeast and upper Midwest states. Transmission is highest during the warm months. Symptoms range from asymptomatic to flu-like and can be life threatening.

What can you do to protect yourself?

Whenever walking in woods and grassy areas, including your own backyards, try not to brush up against vegetation and be vigilant to always check yourself and pets for ticks. Wear light colored clothing so ticks are easier to spot. Treat yourselves with repellents or pre-treat your clothing with permethrin. You can purchase permethrin impregnated clothing, or you can also buy the spray and treat your own clothing, shoes, camping gear, etc. Professionally impregnated clothing remains effective for 70-80 washes. Self-treated clothing last about 6 washes. When you return home, placing your clothing in the drier will kill any ticks that may have hitched a ride with you. Taking a shower will help remove ticks that may have gotten in your hair, and is an easy way to do a thorough tick check. Hike safely!