



Town of Islesboro

# TICK BULLETIN

July 2014

On May 15, 2014 the IHC'S Health Advisory Board established the Tick-borne Disease Prevention Committee in order to monitor tick-borne disease on the island and to provide information to the Islesboro community. This is the second in a series of monthly bulletins which will include new information as it becomes available.

## TICK-RELATED VISITS TO THE HEALTH CENTER

Circumstance	Treatment	Number of Cases	
		March 30th to June 25th of...	
		2013	2014
Tick found on body; no bite.	No antibiotic; monitoring	12	20
Tick bite, attached for 24 hours or more. Suspicion of infection.	One-time dose doxycycline	11	22
Tick bite, attached for 24 hours and/or rash, fever, strong clinical suspicion of tick-borne disease or confirmed diagnosis according to CDC guidelines.	14-21 day course of antibiotic (doxycycline for adults, amoxicillin for children)	8	2
	Total tick-related visits	31	44*

\*Two bites were received off-island.

## PROTECTING AGAINST TICK BITES

**Town Website.** In June, the Tick-borne Disease Prevention Committee sent out a mailing with information about tick bite protection through both personal and landscape care. This information will soon be available on the Town website ([www.townofislesboro.com](http://www.townofislesboro.com)). Paper copies are available at the Town Office and the Health Center.

### Information Received Since the June Mailing

- Skin protection. When you come in from being outside, take clothing off immediately and wash it. In addition to the belly button, the groin area, and ears, check your armpits - a favorite spot for ticks.
- Symptoms. In addition to the bull's eye and flu-like symptoms, signs of possible tick-borne disease infection can include neck pain, cognitive dysfunction ("brain fog," "I can't think straight"), and depression.
- Pets. Make sure to have your dog/s vaccinated. Cats should be treated as recommended by your veterinarian - drops or tick/flea collars. Inspect animals for ticks at the end of each day. An effective way to remove ticks on animals is with a lint roller.

*Linda Gillies, Doug Welldon, Allie Wood, PA-C  
Tick-borne Disease Prevention Committee*

6/26/14