



June 2017 Issue

# WIC Program Newsletter

## Office Hours

**Monday, Tuesday,  
Wednesday, and  
Friday:**

8:00 am – 4:15 pm

**Thursday:**

8:00 am – 6:15 pm

## Site Locations & Dates

**Hoosick Falls:** 6/13  
**Stephentown:** 6/16

## Breastfeeding Support Group

Please join us for our breastfeeding support group!! Every **third Thursday** of the month from 4:30 pm – 6:00 pm

## CEO's WIC Program

2328 Fifth Avenue,  
Troy, Ny 12180

**Phone:** 518-272-6159

**Website:**

[www.ceoempowers.org/wic](http://www.ceoempowers.org/wic)

\* This institution is an equal opportunity provider.

## Keeping Your Family Safe From Lyme's Disease!!

Lyme disease is the leading tick-borne disease in the United States.

It's caused by a type of bacteria found in small animals like mice and deer.

Ixodes ticks (also called black-legged or deer ticks) that feed on these animals can then spread the bacteria to people through tick bites.

Ticks are small and can be hard to see. Immature ticks, or nymphs, are about the size of a poppy seed; adult ticks are about the size of a sesame seed.

## What Are the Signs of Lyme Disease?

Lyme disease can affect different body systems, such as the nervous system, joints, skin, and heart. Symptoms are often described as happening in three stages (although not everyone has all three):

- A circular rash at the site of the tick bite, usually within 1-2 weeks of infection, often is the first sign of infection. Although a rash is considered typical of Lyme disease, many people never develop one.

- Left untreated, symptoms of the initial illness may go away on their own. But in some people, the infection can spread to other parts of the body. Symptoms of this stage of Lyme disease usually appear within several weeks after the tick bite, even in someone who didn't have the initial rash. A person might feel very tired and unwell, or have more areas of rash that aren't at the site of the bite. Lyme disease can affect the heart, leading to an irregular heart rhythm, which can cause dizziness or heart palpitations. It can also spread to the nervous system, causing facial palsy or meningitis.
- The last stage of Lyme disease happens if the early stages were not found or treated. Symptoms of late Lyme disease can appear anytime from weeks to years after an infectious tick bite. In kids, this is almost always in the form of arthritis, with swelling and tenderness, particularly in the knee or other large joints.

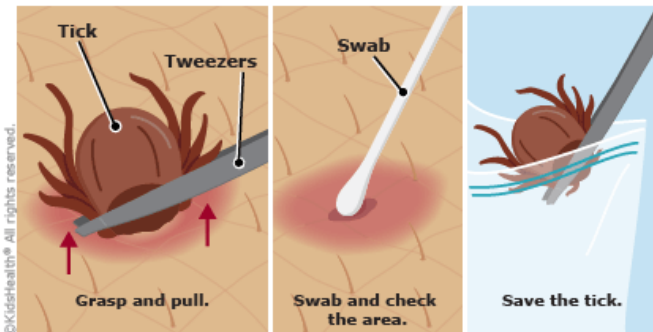
Having such a wide range of symptoms can make Lyme disease hard for doctors to diagnose, although blood tests can look for signs of the body's reaction to Lyme disease.



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# WC Program Newsletter

Removing a Tick



## When Should I Call the Doctor?

If you think your child could be at risk for Lyme disease or has been bitten by a tick, call your doctor. This is especially true if your child develops a red-ringed rash, flu-like symptoms, joint pain or a swollen joint, or facial paralysis. That way your child can get further evaluation and treatment, if necessary, before the disease progresses too far.

## Can Lyme Disease Be Prevented?

There's no sure way to avoid getting Lyme disease. But you can minimize your family's risk.

Be aware of ticks in high-risk areas like shady, moist ground cover or areas with tall grass, brush, shrubs, and low tree branches. Lawns and gardens may harbor ticks, too, especially at the edges of woods and forests and around old stone walls (areas where deer and mice, the primary hosts of the deer tick, thrive).

If you or your kids spend a lot of time

outdoors, take precautions:

- Wear enclosed shoes or boots, long-sleeved shirts, and long pants. Tuck pant legs into shoes or boots to prevent ticks from crawling up legs.
- Use an insect repellent containing 10% to 30% DEET (N,N-diethyl-meta-toluamide).
- Wear light-colored clothing to help you see ticks more easily.
- Keep long hair pulled back or tucked in a cap for protection.
- Don't sit on the ground outside.
- Check for ticks regularly – both indoors and outdoors. Wash clothes and hair after leaving tick-infested areas.

If you use an insect repellent containing DEET, always follow the recommendations on the product's label and don't over apply it. Place DEET on shirt collars and sleeves and pant cuffs, and only use it directly on exposed areas of skin. Be sure to wash it off when you go back indoors.

**Breastfeeding Support  
Group June 15th**

Every *third* Thursday of the  
Month from 4:30 – 6:00