

Outsmarting The Ticks

Test Your Lyme Disease Know-How

1. Lyme disease was first discovered in:
 - (a) a lime.
 - (b) limestone.
 - (c) lima beans.
 - (d) Old Lyme, Connecticut.
2. The deer tick nymph, which can carry Lyme disease, is about the size of:
 - (a) a fist.
 - (b) a penny.
 - (c) a poppy seed.
 - (d) a pill.
3. Deer ticks are most common in:
 - (a) November to March.
 - (b) March to November.
 - (c) April to June.
 - (d) November to June.
4. When using insect repellents containing DEET,
 - (a) follow label instructions carefully.
 - (b) do not allow children to apply repellent to themselves.
 - (c) use only the amount you need for your situation.
 - (d) all of the above.
5. Ticks that carry Lyme disease can also carry:
 - (a) ehrlichiosis and babesiosis.
 - (b) *Giardia* and *Salmonella*.
 - (c) chicken pox, flu, and the measles.
 - (d) a backpack.
6. Most deer ticks live on:
 - (a) tall grass, leaves and shrubs.
 - (b) 42nd Street and Broadway.
 - (c) dirt and rocks.
 - (d) deer.
7. You can prevent Lyme disease by:
 - (a) wearing long pants and tucking cuffs into your socks or boots.
 - (b) avoiding contact with tall grass, leaves, or shrubs.
 - (c) checking for ticks on yourself, pets, and people with you when you leave a wooded or grassy area.
 - (d) all of the above.
8. What do female adult ticks need to produce eggs?:
 - (a) hamburgers and fries.
 - (b) grass and hay.
 - (c) a blood meal.
 - (d) canned dog food.
9. If you find a tick attached to your skin, you should:
 - (a) squash it like a bug.
 - (b) grasp it with tweezers and yank it off.
 - (c) grasp it with tweezers, as close to the skin as possible, and slowly pull it off in a steady, upward motion.
 - (d) wash it off.
10. Early symptoms of Lyme disease can include:
 - (a) a large, red rash and flu-like symptoms.
 - (b) a runny nose and itchy eyes.
 - (c) nausea and vomiting.
 - (d) none of the above.

ANSWERS: 1. (d) 2. (c) 3. (b) 4. (d) 5. (a) 6. (a) 7. (d) 8. (c) 9. (c) 10. (a)

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