

**Ulster County Lyme Disease Advisory Committee
Lyme Disease and Other Tick-borne Illness
Prevention Education Plan
July 19, 2012**

Category/ Group	Item	Methodology	Time Line
1. Physicians	a. Survey	Use established survey tool, previously tested, to evaluate knowledge of treatment guidelines and identify training needs.	2012
	Survey dissemination	Random sampling in Ulster County. Utilize online link and fax.	
	Survey evaluation	Data entry and evaluation.	
	b. Education Day	Invite MD from NYSDOH: Arthropod Unit to speak on testing/screening options, Lab results, and treatment regimens. Need to identify venue and best time of day.	TBA
c. Mass education	Mailing- Education Alert on Treatment and Guidelines. Approx. 200 MD mailing	TBA	
d. Develop MD office poster -“Am I tick free?”	Create poster and disseminate it to MD offices to remind patients to speak to MD on testing.	TBA	

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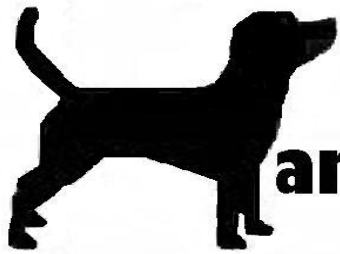
Category/ Group	Item	Methodology	Time Line
<p>2. Public</p> <p>Prevention Resources</p> <p>Educational Outreach</p>	a. Survey	Use established survey tool, previously tested, to evaluate knowledge and behaviors and the needs of general public and County employees	2012
	b. Public Lyme Forum	Gather information from public perspective on Lyme impact/prevention means. Record session for archive and broadcast.	July 31, 2012
	c. HealthyUlsterCounty.net website	Encourage sign on and use of Healthy Ulster County Network for prevention messages from alternate groups – ILADS. Enhance library of resources for general public.	July 18, 2012
	d. Community Group Education	Health Department will continue to attend health fairs and provide group presentations.	Ongoing
	e. Be Tick Free, tick-borne illnesses Prevention DVD	Develop 30 min. prevention video/DVD's. Disseminate DVD's to libraries, municipalities, civic groups, high schools and others requesting presentations. Provide link on County's Be Tick Free website.	August 2012
	f. Radio Campaign	Broadcast another radio campaign modeled after the 2012 promotion. 60-sec. prevention informational message. Utilize radio stations.	TBA
	g. Tick Removal Kits containing needle pointed tweezers.	Order components of kits. Assembly with help from the SWAT team (student task force of Kingston HS). Disseminate kits.	TBA
	h. Pet Owners & Pet Associated businesses (See attached)	Develop and assemble Information for pet owners. Disseminate to Pet Shops, ASPCA, Veterinarians, animal shelters and post on the County's Be Tick Free website.	July 18, 2012
	i. Tick Check Reminder-water-proof Shower Cards (See attached)	The card is hung in household showers to serve as a reminder about doing daily tick checks. Utilize existing template and order.	TBA

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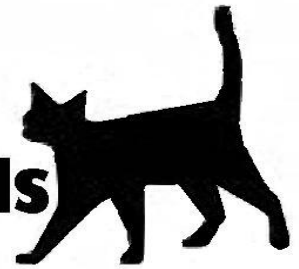
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3. Environmental Measures	a. Metal, Weather Resistant Tick Warning Signs (See attached)	Provide signs with prevention messages to areas with parks and recreational trails. Installation will be required by those accepting the signs. Send out letter to municipalities to promote the opportunity.	TBA
	b. Free NYS DOH Metal Sign -Limited quantities (See attached)	<ul style="list-style-type: none"> •The UC Buildings & Grounds Dept. ordered sign on 6/15 for posting at the County Park, County Pool and Fair Grounds. •County Executive sent a letter to municipalities to promote the free opportunity to obtain signage from NYS DOH. 	June 15, 2012
	c. Environmental Modifications Door Hanger(CDC)	Obtain the free publication from the CDC and provide to lawn care/pest control companies via a mailing. Send a letter with information on how to obtain more cards for their clients.	August 2012

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4. Policy Stakeholders	a. NYS Congressman Hinchey	Write Letter/resolution of support for funding prevention.	Approved by committee July 5, 2012
	Senator Schumer and Gilabrand, Congressman Gibson, Hinchey	Federal Budget letter that requests the reinstatement of state funding of \$20,000 INH preservation. To be sent by the Personnel and Health Committee.	July 9, 2012
	b. Education day for local legislators	Provide education to legislators on prevention of Lyme disease and other tick-borne illnesses by UCDOH Health Education Unit staff	TBA



Lyme Disease and Your Furry Friends



Lyme Disease isn't limited to humans. Your furry friend is at just as great of a risk for contracting the tick-borne disease. As it heads into prime tick season, it is important to take preventive measures.

Tick Bite Prevention:

Keep away from grassy or wooded areas when walking or exercising your pet outdoors.

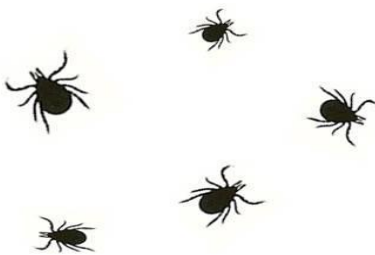
Check your pet regularly for ticks, especially after outdoor trips.

Remove tick promptly if you do find one.

Discuss an insecticidal bath with your veterinarian or groomer if you find several ticks on your dog.

Consult your veterinarian about treating your dog or cat with tick-killing pesticides (acaricides) or using tick collars. There are many pesticides aimed at preventing tick bites, but some people and animals may be sensitive to the chemicals they contain.

Consult your veterinarian about the vaccine (Lyme disease vaccine) available for dogs.



Removing a Tick:

1. Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible -not waiting for it to detach.
2. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
3. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
4. Disinfect site and tweezers with rubbing alcohol, then wash your hands with soap and water after removing the tick.

Symptoms of Lyme Disease in Pets:

Lyme disease in animals has similar symptoms as to those of Lyme disease in humans. Although you will not see a skin rash on your pet, they can experience a range of symptoms.

In dogs: Some infected dogs do not experience any symptoms of Lyme disease. Symptoms include lethargy, arthritis (displayed as joint pain, shifting from foot to foot, and lameness), fever, fatigue, and kidney damage. Symptoms can become chronic.



In cats: Though there is some debate about whether cats suffer from Lyme disease, cats are thought to be highly resistant to the disease.

Treatment of Lyme Disease in Pets:

You should consult your veterinarian about proper treatment for your pet.

Important Considerations:

Pet owners are at an increased risk for tick encounters, especially those who have animals that are permitted to go in and out of the home. Ticks that have not embedded in the animal may drop off in the home and will continue to seek a blood meal. For this reason, it is not advisable to let pets sleep in the same bed with family members.

For More Information Please Contact:

Ulster County Department of Health
(845) 334-5527

For more information on Lyme disease in humans visit:
<http://www.health.ny.gov/diseases/communicable/lyme/>



Michael P. Hein
Ulster County Executive



Do a thorough body
check for ticks after
being outdoors!!

BE  **FREE**

HOW TO REMOVE A TICK:

- Using tweezers, grasp tick near the mouth parts, as close to the skin as possible.

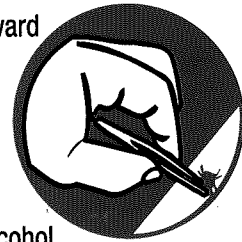
- Pull tick in a steady, upward motion away from skin.

- DO NOT use kerosene, matches or petroleum jelly to remove tick.

- Disinfect the site with soap and water, rubbing alcohol or hydrogen peroxide.

- Record date and location of tick bite.

If rash or flu-like symptoms appear, contact your health care provider immediately.



Remove ticks as soon as possible to reduce your risk of getting infected with Lyme Disease or other tick-borne illnesses.

Do a thorough
body check for ticks
while showering!!

BE  **FREE**

TICK CHECK SHOWER CARD

One of the best ways to prevent Lyme Disease is to do a daily tick check. Using your fingertips, thoroughly check your whole body. Pay special attention to your:

- Scalp
- Hairline
- Face
- Around ears
- Neck and shoulder area
- Armpits
- Waistband
- Groin Area
- Behind the knee

Feel for tiny bumps. If you find a tick, remove it promptly using the instructions for proper tick removal on the opposite side of this card. **DO NOT PULL TICKS OFF WITH YOUR FINGERS.**



PREVENT LYME DISEASE

Tuck pants in socks and wear light colored clothing

Increase protection by wearing repellent

Check for ticks and remove them immediately

Know if you've been bitten— call your physician



Michael P. Hein
Ulster County Executive

For further information call the
Ulster County Department of Health
845-334-5527
www.healthylulstercounty.net



WARNING

Ticks Found in this Area MAY Cause

LYME DISEASE & Other Tick-borne Diseases

To avoid tick bites:

- Consider using insect repellents; follow label directions.
- Walk in the center of trails, avoid high grass and brush at trail edges.
- Check for ticks daily on yourself, your children and your pets.
- Carefully remove attached ticks, fine point tweezers work best.
- Shower soon after being outdoors.



New York State Department of Health
www.health.ny.gov

Establishing An Ulster County Lyme Disease Advisory Committee

Referred to: The Health and Personnel Committee (Chairman Aiello and Legislators Belfiglio, Ronk, Robert Parete and Provenzano)

Legislator Robert Aiello, Chairman of the Health and Personnel Committee offers the following:

WHEREAS, the incidence of Lyme disease, and other tick borne illnesses, has steadily increased throughout the Northeast region of the United States, during the last decade, and

WHEREAS, as infected tick populations have steadily migrated west from the Atlantic shore of Connecticut, probable and confirmed cases of Lyme disease in Ulster County have recently surpassed those of Dutchess County and other surrounding communities, and

WHEREAS, public awareness and Lyme disease prevention education is recognized as an effective method of slowing the rate of increase of Lyme disease and tick borne illnesses, and

WHEREAS, the Ulster County Department of Health has enhanced its public outreach and education activities and programs, through the following:

- An annual cable TV and radio campaigns, with an emphasis Lyme disease awareness and prevention education.
- A countywide distribution of thousands of tick removal kits, along with safe and proper tick removal instructions.
- Prevention workshops at community centers, schools, health fairs, senior centers, faith based groups and other venues throughout Ulster County.
- Organized press events focused on Lyme disease awareness and prevention, conducted in partnership with the County Executive's Office, Health Alliance of the Hudson Valley and other community health organizations, and;
- A partnership with US Senator Charles Schumer to create a press event highlighting the threat of Lyme disease, along with effective prevention measures, and

WHEREAS, at a time when Lyme disease is recognized to be a more significant health threat than at any time in the past, New York State Department of Health grant funding for Lyme disease education and prevention has been cut in half, and

WHEREAS, in light of the serious threat that Lyme disease, and other tick borne illnesses, poses to the health and well-being of Ulster County residents combined with the reduction in related State aid, and

Resolution No. 55 March 20, 2012

Establishing An Ulster County Lyme Disease Advisory Committee

WHEREAS, Ulster County needs to continue to take a proactive role in the prevention, education, and research of Lyme Disease to protect and enhance the health, safety, and welfare of Ulster County residents by examining public health policy decisions, disseminating information to the public, regularly reviewing published public and private treatment guidelines and other activities related to the diagnosis, prevention, and research of Lyme Disease, and now, therefore, it be

RESOLVED, that the Ulster County Lyme Disease Advisory Committee is hereby created to study the spread of Lyme Disease and review the County's approach to this significant public health problem, and be it further

RESOLVED, that the Advisory Committee shall consist of the following members:

- The Director of the Ulster County Department of Health or his designee, who will serve as chair;
- The County Executive or his/her designee;
- The Chair of the Ulster County Legislature or his/her designee;
- The Chair of the Ulster County Health and Personnel Committee;
- The Deputy Chair of the Ulster County Health and Personnel Committee;
- A member of the Ulster County Board of Health to be selected by the Director of the Ulster County Health Department;
- A representative of the health/scientific community dealing with Lyme Disease, chosen by the Chair of the Health and Personnel Committee;
- A resident of Ulster County who has been infected with Lyme Disease, chosen by the Chair of the Health and Personnel Committee; and be it further

RESOLVED, that the Ulster County Lyme Disease Advisory Committee shall hold its first meeting no later than thirty (30) days after the approval of this resolution, and be it further

RESOLVED, that the members of the Ulster County Lyme Disease Advisory Committee shall serve without compensation other than for actual and necessary expenses within appropriations made therefor, unless otherwise provided by resolution of the County Legislature, pursuant to Section C-16 of the Ulster County Charter and Section A2-11 of the Administrative Code, and be it further

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Establishing An Ulster County Lyme Disease Advisory Committee

RESOLVED, that the Ulster County Lyme Disease Advisory Committee shall meet as needed to review current public health policies, the dissemination of information to the public, researchers, health care providers, and state and federal agencies, public and private treatment guidelines, and activities undertaken for the diagnosis, prevention, and research, and all other things related to Lyme Disease, and be it further

RESOLVED that the Ulster County Lyme Disease Advisory Committee shall submit a written report of its findings and recommendations to the County Legislature, County Executive and Director of the Department of Health no later than six months subsequent to the effective date of this Resolution for consideration, review, and appropriate action, if necessary,

and moves its adoption.

ADOPTED BY THE FOLLOWING VOTE:

AYES: 22 NOES: 0
(Absent: Legislator Roberts)

Passed Committee: Health and Personnel Committee on March 5, 2012

FINANCIAL IMPACT:
NONE

0310.2

Resolution No. 55 March 20, 2012

Establishing An Ulster County Lyme Disease Advisory Committee

STATE OF NEW YORK

ss:

COUNTY OF ULSTER

This is to certify that I, the undersigned Clerk of the Legislature of the County of Ulster have compared the foregoing resolution with the original resolution now on file in the office of said clerk, and which was adopted by said Legislature on the 20th day of March, 2012, and that the same is a true and correct transcript of said resolution and of the whole thereof.

IN WITNESS WHEREOF, I have hereunto set my hand and seal of the County of Ulster this 22nd Day of March in the year Two Thousand and Twelve.

/s/ Karen L. Binder
Karen L. Binder, Clerk
Ulster County Legislature

Submitted to the County Executive this
22nd Day of March, 2012.

/s/ Karen L. Binder
Karen L. Binder, Clerk
Ulster County Legislature

Approved by the County Executive this
29th Day of March, 2012.

/s/ Michael P. Hein
Michael P. Hein, County Executive