

# LYME DISEASE RISK IN WISCONSIN

Lyme disease is a bacterial infection spread to humans by a tick named *Ixodes scapularis* (commonly called the black-legged or deer tick). In Wisconsin, the highest number of cases are seen in the western and northern regions, but recently cases have increased in the central and eastern regions. Lyme disease is the most commonly reported tickborne disease in Wisconsin and the number of cases continue to increase. The average number of reported cases has more than doubled over the past 10 years.



*Ixodes scapularis*



## Lyme Disease Risk

The risk of Lyme disease and other tickborne diseases in Wisconsin is increasing as the state is seeing more months of the year when ticks are active. Longer tick seasons increase the chance of someone coming into contact with a tick.

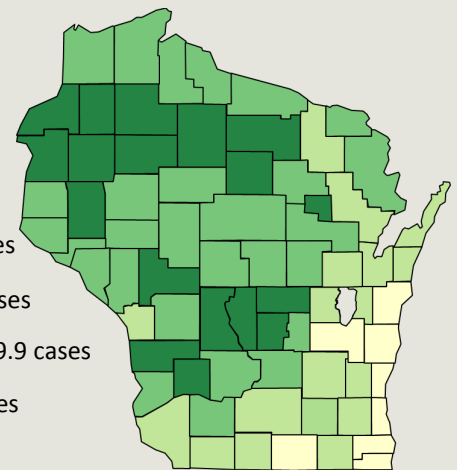
**It is important to remember that ticks are present in all counties in Wisconsin. People living in any county in Wisconsin can contract Lyme disease and other tickborne diseases. Follow the prevention tips below to reduce your chances of being bitten by a tick.**

## Average incidence of confirmed and probable Lyme disease cases by county of residence, 2008-2017

### Risk Level

(Incidence per 100,000 population)

- Highest:**  $\geq 100$  cases
- High:** 50 to 99.9 cases
- Moderate:** 10 to 49.9 cases
- Low:**  $> 0$  to 9.9 cases



## Tick Bite Prevention

**PROTECT YOURSELF FROM BITES.** Wear insect repellent with 20% or more DEET. Wear long-sleeve shirt and pants while outdoors.

**AVOID TICK-HEAVY AREAS.** Ticks like to live in tall bushes and other vegetation. When walking on trails, stay in the center and do not go off into the brush.

**PERFORM DAILY TICK CHECKS.** Check your entire body after being outside, even if you were only in your yard. Shower as soon as possible after coming in from the outdoors.

### TUMBLE DRY CLOTHES AFTER BEING OUTDOORS.

Tumble dry your clothes on **high heat** for 10 minutes to kill any ticks that may have come in on your clothes.

**PREVENT TICKS ON ANIMALS.** Try to prevent pets from bringing ticks into your home by not allowing them in tick-infested areas, and by using veterinarian-prescribed tick collars or spot treatment.



**BE ALERT FOR FEVER OR RASH.** Even if you do not remember being bitten by a tick, a fever or rash may be the first sign of Lyme disease. Other symptoms may include muscle/joint pain, fatigue, stiff neck, and headache. Contact your health care provider right away if you have any of these symptoms.

