

E nvironmental/ Health & Safety

and

Fire Safety



Environmental Health and Safety Guidelines

Fire Safety

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Environmental Health and Safety (EH&S) Guidelines

Introduction

Environmental Health & Safety and Fire Safety compliance has always been and continues to be a high priority at Ramapo College. We continue to assess what more can be done to raise our preparedness and to assure the safety of all members of the Ramapo College Community: faculty, staff, and students; including vendors, contractors, renters, guests, Summer Camps and anyone else who enters upon the Campus.

Scope

The policies and procedures contained within this document are applicable to all members of the Ramapo College Community: faculty, staff, and students; including vendors, contractors, renters, guests, Summer Camps and anyone else who enters upon the Campus.

EH&S Codes and Regulations

I. General Safety

Ramapo College is required to comply with various NJ State and Local Codes and Regulations including but not limited to the NJ Fire Code and the Mahwah Township Health Code.

Accordingly, those codes and regulations are applicable to all those mentioned above in Scope.

II. Events/Gatherings

Required - A completed "General Fire Safety Guideline Checklist". Obtain form from the office of Events and Conferences when you make your event reservation.

- a. Inside assembly events with more than 50 guests the event coordinator is required to ensure that the safety evacuation announcement is made 10 minutes prior to the start of the event:
"Upon activation of a fire alarm immediate evacuation to the nearest available exit is required. Proceed to the outside evacuation assembly area. The use of the elevators is prohibited during an alarm. Once outside the building, everyone must wait until an "all-clear" is given by Campus Public Safety or Emergency Personnel before re-entering the building. Please take note of at least two of your nearest exits."
- b. Food must meet local health code regulations and must be maintained at appropriate temperatures required by the health code.
- c. Campers and guests must be supervised at all times and are only permitted in authorized areas.

III. Event Props

Any performances, amateur or professional, may not include the use of fire, fireworks, or weapons (including but not limited to knives, guns, swords, etc.)

IV. Barbecue Use

- a. Fires, for cooking of food only, may only be lit on stationary grilles provided by the College.
- b. Personal barbecues are not permitted on campus.
- c. All ash and used charcoal briquettes must be disposed of in the designated receptacles which are provided at each barbecue area.
- d. College policies regarding noise/quiet hours, trash and alcohol must be observed at all times during barbecues.
- e. A member of Campus Public Safety, Residence Life, an On Call Administrator or the College Fire Marshal may shut down a barbecue if necessary.

V. Strobe Lights

Strobe lights can cause seizures in people with epilepsy or with other types of medical or psychotically conditions. Accordingly, a sign indicating that strobe lights will be used during the performance shall be posted at the entry to the event.

VI. Golf Cart Use

Any person who operates a golf cart on College premises must have the knowledge, training and skill to safely operate this vehicle and shall be fully accountable for their actions and the consequences thereof.

- a. Golf carts shall be operated with the utmost courtesy, care and consideration for the safety and convenience of pedestrians. Pedestrians shall be afforded the right-of-way at all times.
- b. Golf carts shall be operated in such manner that they do not impede or interfere with normal pedestrian or vehicular traffic flow on roadways, ramps or sidewalks.
- c. Golf carts must be operated in accordance with the manufacturer's recommendations. Golf carts shall not be modified in any manner that affects the recommended mode of operation, speed or safety of the vehicle.
- d. Any golf cart intended to be operated in excess of 15 miles per hour shall be equipped with specific safety features that include, but are not limited to seat belts, windshields, headlights and rear-view mirrors. All speed limits shall be observed.
- e. Golf carts intended for use between dusk and dawn, regardless of operating speeds, shall be equipped with headlights.
- f. Camp Directors shall assure that each golf cart is tagged with the maximum load capacity recommended by the manufacturer. Golf carts equipped with a back carriage shall not be overloaded. Overloading decreases maneuverability and safe operation.
- g. Golf carts shall be equipped with a functional horn.
- h. Operators of golf carts that are not equipped with turn indicators shall use appropriate hand signals.

- i. Golf carts shall be operated in accordance with the following specific rules
 - 1. Golf carts shall not be parked within 6-8 feet of the entrance or exit of any building, except at loading docks. Temporary parking close to an entrance is permitted for loading and unloading of passengers or equipment.
 - 2. Operators shall stop golf carts at all blind intersections and sound their horns before proceeding.
 - 3. Golf carts shall not be parked in any manner likely to obstruct or interfere with the flow of pedestrian or vehicular traffic in heavily traveled areas. Pedestrians, as used here, shall include persons in wheelchairs or mobility assistance devices.
 - 4. Operators shall not stop (bring a golf cart to rest for any period of time) in the middle of roads and walkways.
 - 5. Special care shall be taken while driving golf carts through parking lots and on walkways. Golf carts shall not be operated at speeds in excess of 15 miles per hour in these areas.
- j. The operator of a golf cart may not utilize a mobile phone, portable music player with headphones or engage in any other behavior that may be distracting.
- k. Charge carts in approved areas only.
 - l. Do not overcrowd carts.
- m. Golf Carts shall not be parked in any:
 - 1. Fire Zones.
 - 2. Fire Hydrants.
 - 3. Fire Department Connections.

Violators of m1, m2 and m3 above shall be subject to a \$100 fine

VII. ALERT ME NOW

The Campus Emergency Notification System which provides:

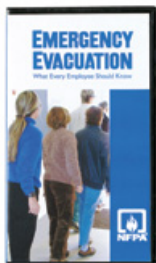
- 1. Timely Weather-Related Notification
 - a. Delays
 - b. Closings
 - c. Early Closing
- 2. Personal On-Campus Safety Notification
 - a. Dangerous Campus Condition
 - b. Fire On-Campus
 - c. Major Flooding
 - d. Hazardous Material Release
 - e. Power Outage

Complete an ALERT ME NOW INFORMATION SHEET found on page 19 and submit it to the Office of Events and Conferences.

VIII. Fire Safety

See Section Fire Safety beginning on Page 6

Fire Safety



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Introduction

The following Fire Safety information is intended to educate faculty, staff, students and guests about the Policies and Procedures that they shall follow to help prevent fires and to protect themselves and their members in the event of a fire. All renters should take the time to read this information. Camp Directors and the Directors and Leaders of other rental organizations shall also take the time to review and educate their respective Camp and Organization members about these Policies and Procedures.

Emergency Situations and Related Procedures

I. SITUATIONS:

Visible fire, smoke condition, explosion, odor of smoke in any campus building or on any campus property; including vehicle/trash/brush fires.

PROCEDURES:

1. The Fire Laws of New Jersey require that you immediately notify Campus Public Safety or the local fire department of the situation. From Campus phones dial for Public Safety 6666 or 9 then 911 for the Fire Department. Otherwise dial 201.684.6666 for Public Safety or 911 for the Fire Department. Information to be provided to the emergency responding agency shall include:
 - a. The location of the fire/smoke condition/odor.
 - b. What is on fire (building, car, brush, etc.).
 - c. A call back phone number.
 - d. If possible, also report whether the building or vehicle is occupied.
2. Pull Station: If the fire alarm is not activated, pull the nearest fire alarm pull-station (if it is safe to do so). Fire alarm pull stations activate alarm bells throughout the building to alert other residents of the fire emergency and report the alarm to Campus Public Safety. Pulling the fire alarm station may save lives.
3. Trained personnel will immediately begin evacuation of any building involved.
4. Campus Public Safety shall notify the Division of Fire Safety as soon as possible, by calling 1-877-NJ-FIRES (1-877-653-4737) and providing information on the incident to the dispatch center.

II. SITUATIONS:

Carbon monoxide detection system or device is activated.

PROCEDURES:

1. The Fire Laws of New Jersey require that you immediately notify Campus Public Safety or the local fire department of the situation. From Campus phones dial for Public Safety 6666 or 9 then 911 for the Fire Department. Otherwise dial 201.684.6666 for Public Safety or 911 for the Fire Department. Information to be provided to the emergency responding agency shall include:
 - a. The location of the source of the carbon monoxide, if known.
 - b. A call back phone number.
 - c. If possible, also report whether the building is occupied.
2. The affected area of the building will be immediately evacuated by trained personnel.
3. Should any additional carbon monoxide detection devices activate, a general alarm signal in the building will be activated by Campus Public Safety or other on site persons by activating the fire alarm Pull Station and the entire building will be immediately evacuated by trained personnel.
4. Should any carbon monoxide detection system or part thereof be disabled or rendered unusable, Campus Public Safety shall notify the Division of Fire Safety as soon as possible, by calling 1-877-NJ-FIRES (1-877-653-4737) and providing information on the incident to the dispatch center.

III. SITUATION:

Evacuation of the Building

PROCEDURES:

1. The Fire Laws of New Jersey require that you immediately evacuate the building upon activation of the fire alarm. **You must immediately leave the building via the nearest available EXIT or stairwell!**
2. Do Not Use any of the elevators! Elevators enter into a “Fire Service” mode and may not respond to calls when the fire alarm system has been activated. Also, using the elevator may cause you to be trapped or arrive on the floor where the fire and smoke are located.
3. Do not wait for confirmation of visible fire, smoke condition, explosion, odor of smoke, or assume the alarm is a false alarm.
4. Do not attempt to locate the fire.
5. Do not attempt to fight or extinguish the fire.

6. GET OUT and STAY OUT! Do not re-enter the building!
7. Once safely outside, report to the designated Evacuation Assembly Area (identified by a red sign with white lettering).
8. Report any pertinent information regarding persons with disabilities, permanent or temporary mobility impaired persons and anyone else who may not have yet evacuated the building to anyone of the following at the scene:
 - a. The Camp Director or his or her designee.
 - b. Campus Public Safety.
 - c. Police
 - d. Fire or other Emergency responders.
9. Residents will not be permitted to return to the building until everyone has gathered at the Assembly Area (no loitering in lobby or front of building).
10. Stay clear of Fire Lanes so that emergency responding vehicles have clear access to the building(s).
11. Remain at the Evacuation Assembly Area until the all clear is given from the Mahwah Fire Department or Campus Public Safety.
12. In the event of a prolonged evacuation in inclement weather, a College Official will direct residents to an alternate indoor Assembly Area.

IV. SITUATION:

When Evacuation from Room or Building is not possible.

PROCEDURES:

1. Immediately notify Campus Public Safety or the local fire department of the situation. From Campus phones dial for Public Safety 6666 or 9 then 911 for the Fire Department. Otherwise dial 201.684.6666 for Public Safety or 911 for the Fire Department. Information to be provided to the emergency responding agency shall include:
 - a. Your Name
 - b. A Call back number
 - c. Any disabilities that you may have
 - d. Building
 - e. Location within the building; including Room No. and Floor
 - f. If known, what is on fire and the location of the fire.
2. Close the door to your room but do not lock it; the door can help hold back dangerous heat and smoke. An unlocked door should help to enhance search and rescue efforts.
3. Place a wet towel over your face (nose and mouth) if the smoke is heavy and take short breaths through your nose.
4. Stay low where air is fresher.
5. From within your room, check for smoke around the door cracks.
6. Seal air ducts and any other openings where smoke may enter using wet sheets and wet pieces of clothing or other like materials.
7. Stay close to the windows, holding a wet towel to your face. Do not open the windows except to alert rescue personnel by hanging a white sheet or cloth out the window to signal your location.

8. Exit your room or apartment only if you can safely do so.

V. SITUATION:

Evacuation for Persons with disabilities.

It is recommended that the appropriate College personnel know of any occupant's with disabilities that limit their mobility, whether temporary or permanent.

PROCEDURES:

1. Accompanied by a partner, permanently immobilized persons who must rely on crutches, wheelchairs or walkers for transport should proceed into the stairwell and wait on the landing until additional help can be summoned. (Does not apply to College Park Apartments)
2. Blind but mobile persons should be guided through any rush of traffic and then promptly assisted to the nearest exit.
3. Deaf but mobile persons, who may be unaware of the need to evacuate, should be calmly advised of the situation and guided to the nearest available exit.
4. Temporarily immobilized persons, including people wearing casts and/or using canes or crutches, should be assisted, depending on their maneuverability.
5. They should proceed into the stairwell and wait on the landing until additional help can be summoned. (Does not apply to College Park Apartments)
6. Emergency phones that automatically connect you to Campus Public Safety are located in the designated rescue areas. Inform the Public Safety Officer your location (i.e. Core 3, floor 2). You may also call 9-911 and report your location to the dispatcher; do not hang up until the Public Safety Officer or dispatcher tells you to.

Emergency responder personnel will arrive to help complete the evacuation.

FIRE PREPAREDNESS AND PREVENTION INFORMATION

- I. All Residence Halls, Apartments, including bedrooms are equipped with automatic fire suppression (sprinklers) and detection devices (smoke and/or heat detectors) connected to a fire alarm system that signal all fire alarms to a central station at Campus Public Safety.
- II. Maintain a minimum of 36" clearance to the EXIT door from the room that you occupy.
- III. Portable fire extinguishers are also provided in common areas of residence halls and apartments (such as hallways and lounges), and in the kitchen areas of all apartments. Immediately report the use of any fire extinguishers to Campus Public Safety.
- IV. The College has a full time Fire Marshal (Dennis Harrington) who is also available to assist you with any fire safety questions or concerns that may arise. He can be reached at extension 6252.
- V. The Mahwah Fire Department responds to all fire alarms on Campus.
- VI. Monthly inspections of fire extinguishers at all locations are conducted by Facilities Personnel.
- VII. As prescribed by the State of New Jersey Fire Laws (Fire Code), the battery-powered smoke detectors located in the College Park Apartments are tested quarterly by Facilities Personnel.
- VIII. An outside contractor, permitted by the NJ Division of Fire Safety, inspects automatic fire suppression and detection systems annually; or on an as needed basis.
- IX. Any deficiencies found during the inspections and testing of the fire detection, suppression and alarm systems are repaired in accordance with the provisions of the Fire Code.
- X. The College Fire Marshal in cooperation with Campus Public Safety conducts fire drills during the course of the summer months. These drills are required by the Fire Code. All occupants are required by the New Jersey Fire Laws to exit the building during fire drills.
- XI. The Fire Code requires that **ALL** occupants of a building **immediately exit the building** when the fire alarm sounds.
- XII. The New Jersey Division of Fire Safety by law conducts annual inspections of all Campus Buildings. The Ramapo College Fire Marshal accompanies the State Fire Inspector during fire inspections. All violations are addressed within the abatement deadlines prescribed by the inspector. Summer Camps are also subject to inspections.
- XIII. Know exactly where the nearest exit is located. When you move into your room, you should count the number of doors between your room and the nearest exit so that you can find the exit even if your visibility is impaired by smoke and fire. Always be aware of an alternate exit, in the event that your primary exit is blocked.
- XIV. With your roommate(s), prepare an emergency escape route to use in case of a fire in the building. Know at least two (2) ways out of the building.
- XV. Have your keys (room and vehicle), ID, any prescription drugs, cell phone and wallet or purse ready to "Grab and Go".
- XVI. Treat every fire alarm as the real thing. Exit the building immediately!
- XVII. Learn **STOP, DROP, and ROLL**. If your clothing should catch fire, don't run. STOP DROP and ROLL. You should stop where you are, drop to the ground, cover your face with your hands, to protect your face and lungs and roll over to smother the flames.

Prevent Cooking Fires: “Watch What You Heat”

Unattended cooking incidents are the leading cause of fire alarms and fires on college campuses across the country. Unattended cooking is among the leading causes of fire alarms at Ramapo College. For these reasons, a special Fire Prevention for cooking section follows.

The following procedures are only applicable to resident students and renters that are allowed by contractual agreement the use of stoves and/or microwave ovens.

I. Stand by your pan

- a. Stay in the kitchen when you are cooking food.
- b. If you must leave the kitchen for even a short period of time, turn off the stove.
- c. Check the food regularly and use a timer to remind you that the stove or oven is on.

II. Micro-Manage your Microwave

- a. Follow the cooking direction provided on the packaging.
- b. Avoid over cooking and possible smoke or fire; double check the cooking time that you set.
- c. If the product begins to smoke or catches fire, keep the microwave door closed and unplug or set the circuit breaker to "Off".

III. Keep it clean

- a. Keep anything that can catch fire—pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels or curtains—away from your stove top.
- b. Clean up food and grease from burners, stovetops and microwave ovens.

IV. For Your Safety

Wear short or close fitting sleeves. Loose clothing is more likely to catch fire during cooking.

A. In Case of a Stove or Oven Fire

1. From Campus phones dial for Public Safety 6666 or 9 then 911 for the Fire Department. Otherwise dial 201.684.6666 for Public Safety or 911 for the Fire Department.
2. Turn off the heat. Slide a pan lid over flames to smother a grease or oil fire; and then leave the lid in place until the pan cools. It is not recommended that you try to carry the pan outside.

3. Extinguish grease fires with baking soda. Never use water or flour on grease fires.
4. Keep the oven door shut and turn off the heat to smother an oven or broiler fire. If you are not placed in danger, turn off the breaker for electrical stoves.
5. A fire extinguisher is provided in every kitchen. Make sure that the fire extinguisher remains in the designated location, on the holder in the kitchen area.
6. Remember PASS when operating the fire extinguisher.
7. Notify Campus Public Safety at x7432 or Facilities at x7660 anytime the extinguisher is used.

In case of any emergency, From Campus phones dial for Public Safety 6666 or 9 then 911 for the Fire Department. Otherwise dial 201.684.6666 for Public Safety or 911 for the Fire Department.

Remember: Prevent Cooking Fires: “Watch What You Heat”



Prohibitions and Prohibited Items

Prohibited items may be confiscated and discarded, regardless of the expense of the item. Confiscated items are not returned to renters.

The following list is representative of common prohibitions and fines but may not be all inclusive; and therefore subject to updates and changes without prior notification.

1. Smoking anywhere within Ramapo College buildings and vehicles or within twenty-five (25) feet of the entrance to any building. Fire safety is paramount. Ashtrays have been placed around campus for convenience. DO NOT put out or throw cigarettes on the ground.
2. Running wires across walkways and under floor coverings
3. Blocking any of the fire Exits or Exit pathways
4. Moving furniture in Residence Hall to the lobbies/elevator waiting area and to the hallways. The lobbies and hallways must remain clear without furniture, games, luggage, sports equipment and any other items.
5. Blocking exit doors or fire extinguishers
6. Propping or wedging fire rated doors open
7. Use extension cords (use UL approved power strips)
8. Use of cube adaptors to electrical outlets
9. Storage items too close to the ceiling (24" non sprinkler-18" sprinkler)
10. Use of Residence Hall Rooms for other than living and sleeping quarters. Residence Halls and apartments are designated as an R2 Use; for resident sleeping quarters only. They shall not be used for any other purpose, such as a mercantile/store establishment, without first obtaining the proper permit from the Division of Fire Safety.
11. Use of personal barbecues
12. Use of permitted barbecues under building extensions, breezeways and within 50 feet of any structure on campus.
13. Bonfires/Open Burning
14. Fireworks and Sparklers
15. Sterno. Refer to Sterno Fuel Use Policy
16. Strobe lights
17. Appliances with exposed heating elements.
18. Ammunition
19. Additional Refrigerators (aside from the College provided Refrigerator or Micro fridge).
20. Additional Microwaves (aside from the College provided Microwaves, additional microwaves are permitted in CPA ONLY).
21. Halogen lamps and sun lamps – you may have lighting that operates on incandescent light bulbs or fluorescent light bulbs.
22. Incense and incense paraphernalia.
23. Candles or any other open flame devices are not permitted for any reason in any campus residence area whether they are decorations, mementos, souvenirs, etc.
24. Holiday lights, Christmas lights or any type of stringed lighting.

Prohibitions and Prohibited Items continued

25. Hot Plates, skillets, electric open element grills (e.g., George Foreman Grills), toasters and toaster ovens, rice cookers, etc. College Park and Village Apartments are permitted to have these items.
26. Immersion Coils.
27. Oil lamps.
28. Light dimmers, ceiling fans, or any other device that replaces, adds to, or interferes with any building fixture.
29. Gasoline powered items such as mopeds, motorcycles or their components.
30. All flammable and combustible liquids including thinners or chemicals, propane tanks, lighter fluids.
31. All live Christmas trees, wreaths, etc.
32. Explosives, gasoline, potpourri burners, incendiary devices of any kind
33. Knives, rifles, handguns, paint ball guns, weapons of any kind even if they are presumed to be solely decorative or collectible.
34. Space heaters (unless provided by Facilities Office in emergency cases)
35. Pets (Service animals are allowed in all of our facilities.) Otherwise, only fish in a maximum 10-gallon tank are allowed.
36. Window air-conditioning units (all residence halls are air-conditioned).
37. Upholstered furniture, unless it is approved by the College and meets CAL133 fire safety guidelines.
38. Swimming pools (inside or outside of residence halls)
39. Waterbeds
40. Hot tubs
41. Aerosol cans in Pine and Linden
42. Two models of the 5-Light Multicolored Floor Lamp (model numbers E230863 and GX6409 are prohibited)
43. Any products that produce mist, fog, or smoke conditions that activate the fire alarm devices (i.e. mist, fog or smoke machines and dry ice products designed to simulate smoke or fog).
44. Propane gas without a permit from the Division of Fire Safety
45. Hanging items from the ceiling and/or the sprinkle pipes and sprinkler heads.
46. Do not run wires across walkways
47. Do not block any of the fire Exits or Exit pathways
48. Stairwells should be used only to leave or enter each floor. They should not be used to hide or play games

Permits

There are certain practices that may be prohibited without the prerequisite of a permit. Requesting a permit shall not be perceived as permission to move forward with the activity for which the permit is being requested. The activity can only proceed upon the issue of the permit. Almost all permits require a fee at the current rate of \$42.00 per permit; one permit per activity.

A permit is needed for the following:

1. Use of propane
2. To set up a tent that is not one of the College owned tents. The College owned tents are already permitted.
3. To use any of the Residence Hall rooms for any use other than a bedroom; i.e. Mercantile Use to sell refreshments, candy etc.
4. Use of an open flame such as sterno, candles etc. The use of open flames is prohibited in any of the Residence Halls and Apartments.
5. Use of personal barbecues. The stationery barbecues and the barbecues used by dining services are already permitted.

Contact the College Fire Marshall at:
Dennis Harrington located in Office D107
Office: 201.684.6252
Cell: 551.804.2265
E mail: dharring@ramapo.edu

Fines

1. **Covering smoke detectors. The fine for covering smoke detectors is \$500**
2. **Parking in front of fire hydrants or in designated fire lanes. Violators are subject to a \$100 fine.**
3. **Tampering with any of the fire safety devices. The fine is \$500 for anyone found guilty of tampering with any of the fire safety devices.**
4. **Malicious activation of the fire alarm or activating a false alarm is subject to a fine of \$500**
5. **Inadvertently setting off a fire alarm due to unattended Cooking / unattended food in microwave:**
 - a. **1st Offense \$150.00**
 - b. **2nd Offense \$300.00 & May be moved to non-cooking facility**
 - c. **3rd Offense Removal from Housing**
6. **Conducting permitted activities without the required permit.**

Additional Key Fire Safety Policies and Procedures

Key Fire Safety Policies and Procedures not included in this booklet are now accessible online at

<http://ww2.ramapo.edu/facultystaff/hr/safety/>

Then, click on Fire Safety

Select the following as needed:

[Fire Watch Policy](#) (pdf)

[Fire Alarm Response Protocol Policy](#) (pdf)

[Tent Policy Regulations](#) (pdf)

[Candle Request Form](#) (pdf)

[Sterno Fuel Policy](#) (pdf)

Should you need any assistance with these Policies and Procedures or any Fire Safety issues or concerns, please contact:

The College Fire Marshall at:
Dennis Harrington located in Office D107
Office: 201.684.6252
Cell: 551.804.2265
E mail: dharring@ramapo.edu



ALERT ME KNOW

<http://ww2.ramapo.edu/facultystaff/hr/guidelines/index2.aspx?id=13438>

What you should know about.....

Lyme Disease

What is Lyme disease?

Lyme disease is a bacterial disease caused by *Borrelia burgdorferi* (boar-ELL-ee-uh burg-dorf-ERR-eye). The bacterium is transmitted to humans via a tick bite. Within 1 to 2 weeks after being infected, a "bull's-eye" rash can develop at the tick bite site accompanied by fever, headache, and muscle or joint pain. Some people may have Lyme disease and not have any early symptoms. However, others can have a fever and other "flu-like" symptoms without a rash.

Who gets Lyme disease?

Anyone who is bitten by a tick carrying the bacteria can get Lyme disease. Proper removal of a biting tick from the skin within 48 hours of being bitten can reduce the risk of disease transmission.

How is Lyme disease spread?

The spirochete which causes Lyme disease, *Borrelia burgdorferi*, is transmitted to humans by the bite of an infected tick, which is a "vector" for the disease. The principal vector of Lyme disease in New Jersey is the deer tick, also called the black-legged tick. Immature ticks become infected by feeding on infected white-footed mice and other small mammals, such as deer and meadow voles. Deer ticks can also transmit the organisms that cause babesiosis and ehrlichiosis. Humans can get infected with more than one tick-borne disease at the same time.

What are the symptoms of Lyme disease?

Within days to weeks following a tick bite, 60-80% of persons becoming infected will have a red, slowly expanding "bull's-eye" rash (called erythema migrans), accompanied by general tiredness, fever, headache, stiff neck, muscle aches, and joint pain. If untreated, weeks to months later some people may develop arthritis, including intermittent episodes of swelling and pain in the large joints; neurologic abnormalities, such as aseptic meningitis, facial palsy, motor and sensory nerve inflammation (radiculoneuritis) and inflammation of the brain (encephalitis); and, rarely, cardiac problems, such as atrioventricular block, acute inflammation of the tissues surrounding the heart (myopericarditis) or enlarged heart (cardiomegaly).

How soon do symptoms occur?

The red "bull's-eye" rash (erythema migrans) usually appears 7 to 14 days following the tick bite. Some patients present with later manifestations without having had early signs of disease.

How is Lyme disease diagnosed?

A two-step process is the recommended method for making a diagnosis of Lyme disease. A Lyme disease diagnosis should be based on clinical findings, supported by a series of laboratory tests. An enzyme-linked immunosorbent assay (ELISA), or an indirect fluorescent antibody (IFA), test is usually performed first. If the result of this test is equivocal (uncertain) or positive, a more specific Western immunoblot (WB) test should be performed to confirm the results obtained with the first test. *B. burgdoferi* can also be grown in culture from clinical specimens; however, this test is often difficult to perform. Polymerase chain reaction (PCR) tests have been used to amplify the DNA of *B. burgdoferi* in skin, blood, and cerebrospinal and synovial fluids, but this type of testing **has not been standardized** for the routine diagnosis of Lyme disease.

What is the treatment for Lyme disease?

Antibiotic therapy for 3-4 weeks is generally effective in early Lyme disease. Later disease manifestations may require intravenous antibiotic therapy for 4 or more weeks. Amoxicillin and doxycycline are two common antibiotics recommended for treatment.

How long is an infected person infectious to others?

Lyme disease is spread only by the bite of an infected tick. Infected individuals cannot spread the disease to other people.

How can Lyme disease be prevented?

You can reduce your risk by taking these precautions to avoid tick bites, or to safely remove a tick if you are bitten:

- Avoid wooded areas with dense shrubs and leaf litter, where ticks like to hide.
- Make your yard less attractive to ticks: mow lawns and prune trees.
- Wear solid, light colored clothing with pants tucked into socks. This will help prevent a tick from attaching to your skin and will also make sighting a tick on clothing easier.
- Use insect repellents on yourself and your pets. Two types of repellents that are effective for ticks are those containing DEET for use on clothes and exposed skin, and permethrin for use on clothes only. Read label directions carefully.
- Examine yourself frequently for ticks while in tick-infested areas.
- Perform a full-body exam on yourself, children, and pets after leaving tick habitat.
- Remove attached ticks promptly.
 - Use fine-pointed tweezers:
 - Grasp the tick's mouth parts close to the skin.
 - Apply steady outward pressure.
 - Do not use petroleum jelly, noxious chemicals, or hot objects to remove ticks. Improper removal can increase the chances of infection.

More about Lyme disease

- [Fact Sheet for Parents](#) (PDF)
- [Get Wise To Lyme Disease](#)
- [A Guide to Tickborne Diseases for New Jersey Physicians](#)
- [Lyme Disease Rates by County in New Jersey](#)
- [Governor's Lyme Disease Advisory Council](#)
- [Tick-borne Diseases](#) (PDF)

- [Assessment and Management of Vector Tick Populations](#) (PDF)
- [Surveillance Case Definitions](#)

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