



Lyme Disease

The New Jersey Department of Health & Senior Services announced on April 10, 2012 that a surge is predicted for cases of Lyme Disease in the Northeast United States.

People heading into the woods this spring in Northeastern states will be at a higher risk than usual of contracting Lyme Disease. The tick population is expected to pose a far greater threat of Lyme Disease transmission this spring season.

Cases of Lyme Disease have spiraled over the past 30 years from a few hundred to more than 30,000 cases reported annually, with 90% of the cases occurring in the Northeast.

In 2010, 95% of Lyme Disease cases were reported in 12 states: Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, **New Jersey**, New Hampshire, New York, Pennsylvania, Virginia and Wisconsin.

While there are effective treatments for Lyme Disease, the disease can cause chronic fatigue, joint pains and neurological problems if undiagnosed or not treated.

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant from April to September when ticks are most active.

- Avoided wooded and bushy areas with high grass and leaf litter.
- Walk in the center of trails
- Use tick repellents
- Find and remove ticks from your body as soon as possible.

There is currently no vaccine available to prevent Lyme Disease.