



!! Protect Yourself Against Lymes Disease !!

Lymes Disease is rampant in Wisconsin, and many cases have been reported in Genesee. This disease is spread by ticks and is not easily cured should you be infected. Late diagnosis of the disease can result in permanent disability (mind and body) as well as death.

Please take the proper precautions this Spring and Summer:

- Wear long sleeves and tightly woven clothing that is light in color when walking in grassy or wooded areas so the ticks can be seen more easily.
- Wear your shirt tucked into your pants, and your pants tucked into your socks or boots.
- Walk in the center of trails through the woods to avoid picking up ticks from overhanging grass and brush.
- Apply tick repellents with DEET to your clothing, shoes and socks before going out. Another tick repellent called Permethrin, can be sprayed on grassy areas, or spot sprayed on clothing. Permethrin is a common ingredient in horse sprays and is safe around humans.
- Check yourself, your family, and your pets routinely for ticks, especially after a trip outdoors. Ticks very often carried indoors.
- If you think you are infected, local testing for Lymes using standard CDC standards is a good first step, but the test produces a high degree of "false negative" results.
- Best testing for Lymes is through an independent lab in California called **IGeneX**. The blood test is expensive, but it is well worth it to get you on the road to recovery.

Lymes is a very serious disease and most local doctors are ill informed about diagnosis and treatment. However, there is help right here in Genesee by Lymes survivors who can help. Contact Greg and Kathleen Gapinski (Lymes survivors) for help or if you want more information: gapinski@ameritech.net The following organization is also a great resource: www.lymedisease.org