

New Jersey Alerted Of Tick-Borne Virus This Spring

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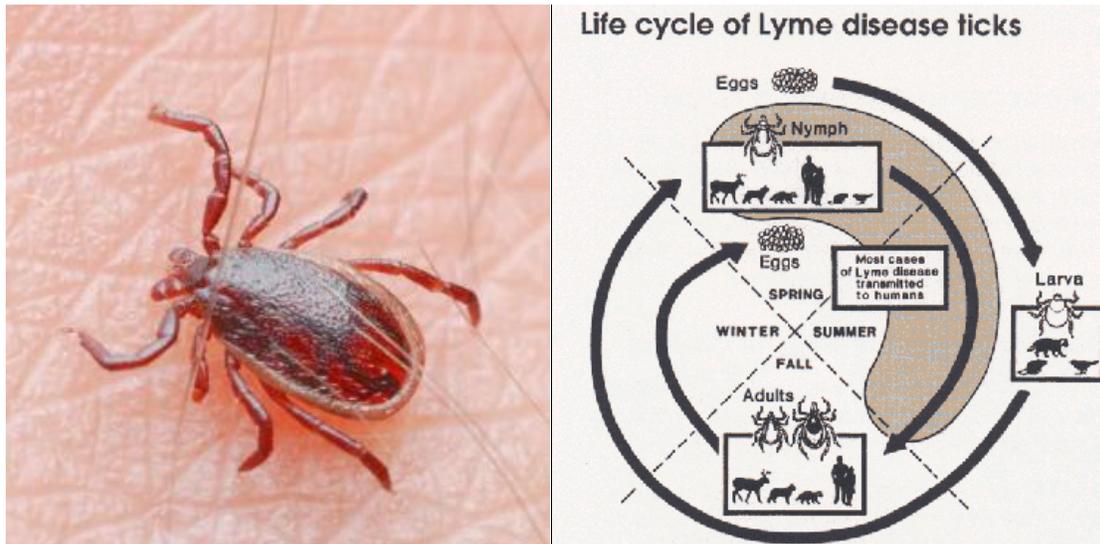
This is the time to enjoy outdoors as weather is finally thawing. However, it is true the ticks probably love the spring more than us. With this the tick-borne illness is sure to arrive and that is something deadlier. For past couple of years such activities have been found in New Jersey.

State epidemiologist Dr. Tina Tan with New Jersey Department of Health says in 2013 there was at least one confirmed case of Powassan virus and it resulted in a fatality.

In 2014 to one case was confirmed. In past decade about sixty Powassan infections were reported from tick.

If believed to Tan, the Garden Sate has deer tick and this may be the reservoir for Powassan virus.

Some of the victims may not show any symptoms after getting bitten by an infected tick, but with the Powassan symptoms like fever, weakness, vomiting, memory loss and loss of coordination may be seen.



According to the website of Centers for Disease Control and Prevention, the Powassan virus causes meningitis and encephalitis. It can infect the central nervous system of the victim and usually 10 percent of the cases are fatal.

In terms of prevention the state health department suggests to avoid wooden areas with dense shrubs and longer grasses, apply insect repellent, wear long-sleeved clothing and perform tick checks before getting indoors again.

Protect yourself with these anti-tick tips:

- Avoid tick-infested areas such as long grass and dense, wooded areas especially in May, June, and July.
- Wear long pants tucked into your socks or boots, and a long-sleeved shirt tucked into your pants, if you plan to enter a wooded area.
- Wear white or light colored clothes so ticks are easier to spot.
- Use an insect repellent that contains DEET on your clothing, but sparingly and with caution.
- Keep the areas around your house and garden clear of leaves, brush, and tall grass and your lawn mowed short.
- Remove vegetation close to your home that attracts deer and construct physical barriers to prevent deer, and accompanying deer ticks, from coming near your house.
- Place birdfeeders away from your house to keep the ticks they carry at bay.
- If ticks are a particularly pesky problem in your area, you may consider having tick pesticides (acaricides) applied to your property.
- When you leave a high-risk tick area, inspect yourself carefully and remove any ticks.
- If a tick bites you, save the tick and bring it to your doctor for analysis to determine whether the tick was carrying Lyme disease.

Lymes disease signs and symptoms are fever, undergoing depression, feeling fatigue and headaches This infection is caused by bite from ticks which are infected. Along with these symptoms outward sign of skin rash in a circle can be seen on the patient. This circle becomes visible after thirty days of a tick bite. The rash is not painful, but red in color and warm to touch. The circular pattern is like a design on the body, in innermost area the skin remains dark red, and so does the outer ring, but the area in between, the red color diminishes in redness. European patients support lump, which is purple, on the scrotum, nipple or ear lobe. Pain in joints, tendons, and muscles are there but not in great proportion. Some people become prone to migraines and spells of dizziness, the blood pressure rises due to the infection as the bacteria starts spreading through the blood stream.



Protect Yourself Against Lyme Disease in Spring, Summer, and Fall

1 Walk in the middle of trails, away from tall grass and bushes.

2 Wear a long-sleeved shirt.

3 Wear white or light-colored clothing to make it easier to see ticks.

4 Wear a hat.

5 Spray tick repellent on clothes and shoes before entering woods.

6 Wear long pants tucked into high socks.

7 Wear shoes—no bare feet or sandals.



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