IT'S SPRING - TIME TO PREVENT LYME DISEASE

Before working, gardening, camping, hiking, or just playing outdoors, make tick bite prevention part of your outdoor plans. More than 25,000 Americans will develop Lyme disease this year. The risk is greatest among those living in or visiting New England, the mid-Atlantic states, and the upper Midwest. A recent national survey found that nearly 20 percent of people in areas where Lyme disease is common were unaware of the danger. Fortunately, there are several tactics you and your family can use to prevent tick bites and reduce your risk of tickborne disease.

PROTECT YOURSELF FROM TICK BITES

Know where to expect ticks. Blacklegged ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. To avoid ticks, walk in the center of trails and avoid tall vegetation.

Use a repellent with DEET (on skin or clothing) or permethrin (on clothing and gear). Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can be applied to the skin, and they can protect up to several hours. Always follow product instructions! Parents should apply repellents to their children, taking care to avoid application to hands, eyes, and mouth. Products containing permethrin can be used to treat boots, clothing, and camping gear. Treated items can remain protective through several washings.

PERFORM DAILY TICK CHECKS

Check your body for ticks after being outdoors, even in your own yard. Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Take special care to check these parts of your body and your child’s body for ticks: Under the arms In and around the ears inside the belly button Back of the knees In and around all head and body hair Between the legs Around the waist. Check your clothing and pets for ticks because ticks may be carried into the house on clothing and pets. Both should be examined carefully, and any ticks that are found should be removed. Placing clothes into a dryer on high heat effectively kills ticks.

REMOVE ATTACHED TICKS QUICKLY AND CORRECTLY Remove an attached tick using fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small; however, other diseases may be transmitted more quickly. Over the next few weeks, watch for signs or symptoms of Lyme disease such as rash or fever. See a healthcare provider if these develop!!

BE ALERT FOR FEVER OR RASH Even if you don’t remember being bitten by a tick, an unexpected summer fever or odd rash may be the first signs of a tickborne disease, particularly if you’ve been in tick habitat. See your health care provider if these symptoms develop.

PREVENT TICKS ON ANIMALS

Prevent family pets from bringing ticks into the home by limiting their access to tick-infested areas and by using veterinarian-prescribed tick collars or spot-on treatment.

CREATE TICK-SAFE ZONES IN YOUR YARD

Modify your landscaping to create "Tick-Safe Zones." It’s pretty simple. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Regularly remove leaf litter, clear tall grasses and brush around your home, and place wood chips or gravel between lawns and wooded areas to keep ticks away from recreational areas (and away from you).

Use a chemical control agent. Effective tick control chemicals are available for use by the homeowner, or they can be applied by a professional pest control expert.

Discourage deer. Deer are the main food source for adult ticks. Keep deer away from your home by removing plants that attract deer and by constructing physical barriers that may discourage deer from entering your yard and bringing ticks with them.
How ticks find their hosts
Ticks find their hosts by detecting animals’ breath and body odors, or by sensing body heat, moisture, and vibrations. Some species can even recognize a shadow. In addition, ticks pick a place to wait by identifying well-used paths. Then they wait for a host, resting on the tips of grasses and shrubs. Ticks can’t fly or jump, but many tick species wait in a position known as “questing”.

While questing, ticks hold onto leaves and grass by their third and fourth pair of legs. They hold the first pair of legs outstretched, waiting to climb on to the host. When a host brushes the spot where a tick is waiting, it quickly climbs aboard. Some ticks will attach quickly and others will wander, looking for places like the ear, or other areas where the skin is thinner.

How ticks spread disease
Ticks transmit pathogens that cause disease through the process of feeding.

- Depending on the tick species and its stage of life, preparing to feed can take from 10 minutes to 2 hours. When the tick finds a feeding spot, it grasps the skin and cuts into the surface.

- The tick then inserts its feeding tube. Many species also secrete a cement-like substance that keeps them firmly attached during the meal. The feeding tube can have barbs which help keep the tick in place.

- Ticks also can secrete small amounts of saliva with anesthetic properties so that the animal or person can’t feel that the tick has attached itself. If the tick is in a sheltered spot, it can go unnoticed.

- A tick will suck the blood slowly for several days. If the host animal has a bloodborne infection, the tick will ingest the pathogens with the blood.

- Small amounts of saliva from the tick may also enter the skin of the host animal during the feeding process. If the tick contains a pathogen, the organism may be transmitted to the host animal in this way.

- After feeding, most ticks will drop off and prepare for the next life stage. At its next feeding, it can then transmit an acquired disease to the new host.

What are symptoms and signs of Lyme disease?
Lyme disease affects different areas of the body in varying degrees as it progresses. The site where the tick bites the body is where the bacteria enter through the skin. As the bacteria spread in the skin away from the initial tick bite, the infection causes an expanding reddish rash that is often associated with “flu-like” symptoms. Later, it can produce abnormalities in the joints, heart, and nervous system.

In the early phase of the illness, within days to weeks of the tick bite, the skin around the bite develops an expanding ring of unraised redness. There may be an outer ring of brighter redness and a central area of clearing, leading to a “bull’s-eye” appearance. Patients often can’t recall the tick bite. Also, they may not have the identifying rash to signal the doctor. More than one in four patients never even develop a rash. The redness of the skin is often accompanied by generalized fatigue, muscle and joint stiffness, swollen lymph nodes (“swollen glands”), and headache, resembling symptoms of a virus infection. The redness resolves, without treatment, in about a month. Weeks to months after the initial redness of the skin the bacteria and their effects spread throughout the body. Subsequently, disease in the joints, heart, and nervous system can occur. The later phases of Lyme disease can affect the heart, causing inflammation of the heart muscle. This can result in abnormal heart rhythms and heart failure. The nervous system can develop facial muscle paralysis (Bell’s palsy), abnormal sensation due to disease of peripheral nerves (peripheral neuropathy), meningitis, and confusion. Arthritis, or inflammation in the joints, begins with swelling, stiffness, and pain. Usually, only one or a few joints become affected, most commonly the knees. The arthritis of Lyme disease can look like many other types of inflammatory arthritis and can become chronic. Researchers have also found that anxiety and depression occur with an increased rate in people with Lyme disease. This is another important aspect of the evaluation and management of this condition.
SUNY Oswego to be Tobacco Free in 2015

SUNY Oswego will make the healthy choice and go tobacco free on January 1, 2015, everywhere on campus. This will include tobacco use in any vehicle on college premises.

In our efforts to support the educational mission of the college and to provide a safe, clean and healthy working, living and learning environment, the college will provide cessation assistance and resources to members of the campus community who wish to stop smoking or using tobacco in any form. We’ll also support exercise and nutritional changes to help all of us enjoy the vitality and freedom that a smoke- and tobacco-free lifestyle affords.

In accepting the recommendation of the campus-wide Clean Air Committee -- meeting since the fall of 2011 to consider the evolution of college smoking policy -- SUNY Oswego takes this opportunity to make a dramatic but well-supported statement on behalf of all college citizens: No degree of secondhand smoke is safe, no amount of smoking-related pollution is acceptable, and any form of tobacco use is damaging to health and is highly addictive.

To find helping resources online and to view the college’s complete tobacco-free rationale, the upcoming new policy on tobacco use, links to resources, research and other support to help us countdown to 2015, visit Oswego.edu/OzQuits.

The significant lead time until January 1 will afford us an opportunity to redouble our efforts to provide information and to give tobacco users time to explore the range of cessation options through the Mary Walker Health Center, the Lifestyles Center and other public and private resources dedicated to kicking the habit.

SUNY Oswego is in good company in announcing the coming of a tobacco-free college. More than 810 colleges and universities nationwide have taken the step, and nearly 1,200 are now smoke free.

Our college has done its own homework: a campus-wide survey, focus groups and other input from constituencies across college; talks with other institutions of higher education; and marshaling research from the Centers for Disease Control, U.S. Surgeon General, NY Quits, American Cancer Society and many others. One among many numbers stands out: Smokers understand the dangers, and nearly 70 percent report that they want to quit.

A tobacco-free college community is the right thing to do -- for all of us. It is consistent with our commitment to the health and wellness of all our citizens, our learner-centered culture and our global responsibility. Let’s begin celebrating a healthier SUNY Oswego today and be completely tobacco free by 2015.

From SUNY Oswego President Deborah F. Stanley
RICE CREEK-Investigate-Discover-Enjoy!

As a Wildlife Study Area, Rice Creek is dedicated to the study, preservation and management of the environment. It is a living laboratory for SUNY Oswego students and others interested in learning about local ecology and conservation. In an effort to increase environmental awareness, nature trails provide access to the numerous habitats around the Rice Creek. The Green Trail is a gentle loop through intermediate growth forests, showcasing local wildflowers, and wetlands terrain, including two wooden walkways along an active beaver impoundment. The Blue and Red Trails pass through evergreen plantations, a mature deciduous forest and fields showing various stages of succession. The Orange Trail has the most diverse terrain, traversing a drumlin’s ridge and slopes through various upland habitats present at the field station.

Use of the Red, Green, and Blue Trails is restricted to hiking, snowshoeing, and cross-country skiing. Bicycles and activities listed above are allowed on the Orange Trail. As a Wildlife Study Area, camping, boating, swimming, hunting, trapping or fishing are not allowed by the public when at Rice Creek. Stay on designated trails and do not remove or disturb wildlife or vegetation. No smoking. Please carry out any trash you create or find. Rice Creek welcomes dogs. However, to protect sensitive natural features and as a courtesy to other visitors, dogs should be on a six foot leash. Also, be kind and clean up after your pet. Thank you.

Visitors are asked to register and share any observations or comments about your visit. There are two boxes, each with a log book and trail maps. One box is located at the upper parking area adjacent to Thompson Road. The other box is north of the Herb Garden, near the compost bin. The field station makes every effort to appropriately post our boundaries. When at the field station, do everything you can to ensure that you are on Rice Creek land and respect the property rights of our neighbors and the adjacent

Check out the beautiful new building at Rice Creek. It is open M-F 9 am-4:30 pm and on Saturdays 9 am-3 pm. There are FREE programs on most Saturdays, and trails are open during daylight hours. Parking is available by the main building and near the gate on Thompson Road. For more information call 312-6677 or visit http://www.oswego.edu/academics/opportunities/rice_creek_field_station.html

INK AND TONER CARTRIDGE RECYCLING!

Environmental Health & Safety will take your empty ink and toner cartridges for recycling. You may send them to us through Campus Mail addressed to: EH & S, 110 Lee Hall. You may also drop them off to us or call us at 3157 for pick up. What ever you do...

DO NOT THROW THEM IN THE GARBAGE! Thanks!
Ergonomic Assessments

FYI: Christine Body has been doing ergonomic assessments since 1996 and is available to do them here on campus. She can be reached at 312-2770 and would be happy to assist you with any questions or issues.

MAY WORD SEARCH

For a chance to win a great prize, complete the Word Search and send it via e-mail to lisa.drake@oswego.edu OR through Campus Mail: Lisa Drake, 110 Lee Hall. Make sure to put your name on it! The winner for April was Bill Johnson! Look for: Spring, Lyme Disease, Ticks, Fever, Rash, Tick Safe Zone, Hosts, Questing, Pathogens, Symptoms, Bacteria, Fatigue, Inflammation, Meningitis, Arthritis, Tobacco Free, Rice Creek, Hiking Trails, Environment, and Wildlife.

QUIT SMOKING!!!

Faculty and staff members may contact the New York Smokers’ Quitline, 1-866-NYQUITS (1-866-697-8487) or visit www.nysmokefree.com. Oswego Health also sponsors a free online quit-smoking program with support from certified cessation counselors; call 349-5513 to register.

MARTY SAYS: Spring is a perfect time to grab your dog and head out to Rice Creek for a nice walk on the trails! Please don’t forget to protect both of you from ticks!