

**Topsham Garden Club**  
**Wednesday, February 8, 2017**  
**Topsham Public Library,**  
**25 Foreside Road, Topsham**

**12:00 - Bring-your-own lunch**  
**coffee & dessert provided by the club**  
**12:30 - Business meeting**  
**1:30 – Speakers**

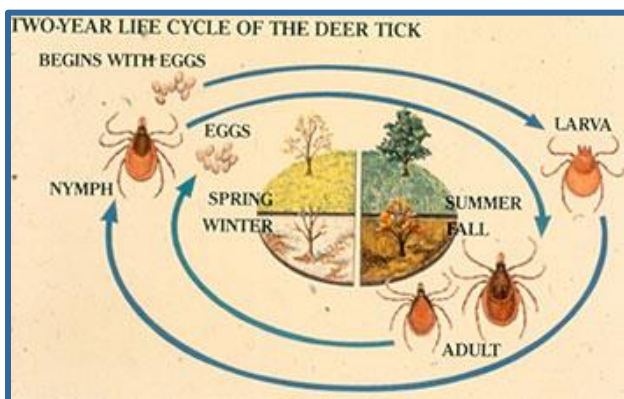
Paula Jackson Jones, President and Co-Founder, MLDSE  
Angele Rice, Vice President and Co-Founder, MLDSE

**Midcoast Lyme Disease Support & Education** (MLDSE) is:

- A non-profit 501c3 Maine partner of national Lyme Disease Association
- A member of Maine's CDC vector-borne work group
- Active in Maine's Lyme legislation group



As a Maine partner of the national Lyme Disease Association, MDLSE's efforts are focused on raising awareness, fostering education, advocating for state and local change while providing resources and support to those affected by Lyme and tick-borne diseases.



## **LYME DISEASE ALERT**

DO A THOROUGH BODY CHECK FOR TICKS AFTER BEING OUTDOORS.

**How To Remove A Tick**

- Using tweezers, grasp tick near the mouth parts, as close to skin as possible.
- Pull tick in a steady, upward motion away from skin.
- DO NOT use kerosene, matches, or petroleum jelly to remove tick.
- Disinfect site with soap and water, rubbing alcohol or hydrogen peroxide.
- Record date and location of tick bite. If rash or flu-like symptoms appear contact your health care provider immediately.

**DISEASE RISK IS REDUCED IF TICK IS REMOVED WITHIN 36 HOURS.**

New York State Department of Health

The deer tick nymph season starts in early June, peaks in early July, and ends in August. The risk of contracting Lyme and other tick-borne diseases is highest at this time because the small nymphs (which are smaller than a sesame seed) are difficult to see and their bite is painless. Adult activity is high in October.