

WORST-CASE SCENARIO®

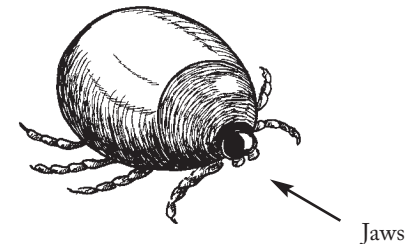
HOW TO REMOVE A TICK

Because you will probably not feel a tick biting you, it's a good practice to check yourself for ticks thoroughly after every round of golf.

1 Locate the tick.

Look for a small bump on the skin, similar to the last remnants of a scab before it heals. Ticks vary in size from the head of a pin to a fingernail (when they are engorged) depending on the type and the stage of maturity. Ticks are usually brown or reddish. Check behind the knee, between fingers and toes, in the underarms, in the belly button, in and behind the ear, on the neck, in the hairline, and on the top of the head.

When engorged, ticks can be as large as your fingernail.

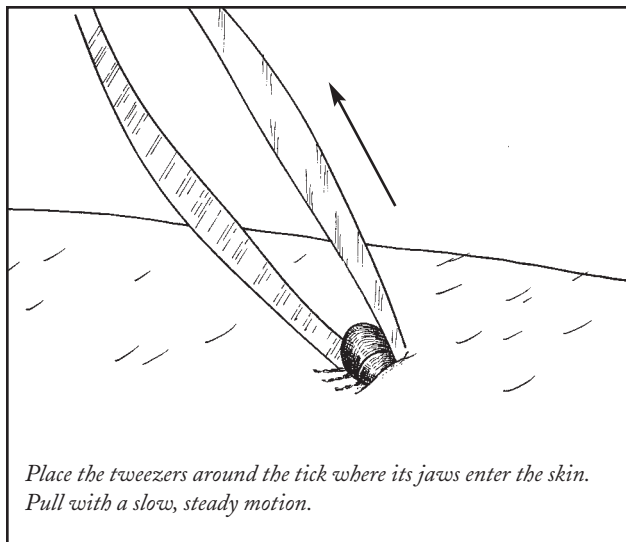


2 Act quickly to remove the tick.

Use a commercially available tick removal tool if one is available. Follow the instructions that come with the device. If no tick removal device is available, locate a pair of medium- or fine-tipped tweezers.

3 Place the tip of the tweezers around the area where the jaws of the tick enter the skin.

Using a slow, steady motion, pull the tick away from the skin. Do not jerk, crush, squeeze, or puncture the tick, because more pathogens from the tick may get into the wound. If part of the tick breaks off, try to remove it as you would a splinter. Your body will naturally eject the foreign material over time, so leave it alone if you cannot remove it easily.



4 If no tweezers are available, use the nails of your index finger and thumb.

Avoid touching the tick with your skin; use latex gloves, plastic baggies, or even paper towels to cover the skin of your fingers. If nothing to protect your skin is available, try using two credit cards as tweezers: squeeze the edges together to grab the tick and then pull firmly away from the skin. Failing this, it is better to remove the tick with bare forefinger and thumb than to leave it attached.

5 Immediately disinfect the area around the bite with soap and water, alcohol, or antibacterial ointment.

If you carry club-cleaning fluid in your bag, this may suffice until other disinfection means are available.

6 Place the tick, dead or alive, in a sealable container.

Include a lightly moistened paper towel. Take the tick to a local health department to be analyzed, to determine if it is carrying disease.

HOW TO RECOGNIZE LYME DISEASE

Watch for these symptoms:

- A round, “bull’s eye” rash on the skin, which may be very small or up to twelve inches across.
- Other rashes or skin bruising that can mimic common skin problems, including hives, eczema, sunburn, poison ivy, and flea bites. The rash may itch or feel hot, and it may disappear and return several weeks later. The rash will look like a bruise on people with dark skin color.

- Flu-like symptoms several days or weeks after a bite from an infected tick: aches and pains in the muscles and joints, low-grade fever, and fatigue.
- Other systemic symptoms, which can affect virtually any organ in the body, including jaw pain and difficulty chewing; frequent or painful urination and/or repeated urinary tract infections; respiratory infection, cough, asthma, and pneumonia; ear pain, hearing loss, ringing, sensitivity to noise; sore throat, swollen glands, cough, hoarseness, difficulty swallowing; headaches, facial paralysis, seizures, meningitis, stiff neck; burning, tingling, or prickling sensations; loss of reflexes, loss of coordination; stomach pain, diarrhea, nausea, vomiting, abdominal cramps, loss of appetite; and irregular heartbeat, palpitations, fainting, shortness of breath, and chest pain.

Be Aware

- Tucking your pants into your socks is a good preventive measure against ticks.
- Ticks do not drop from high vegetation or trees; they climb up your body, generally seeking the highest point on the body. However, if the tick meets resistance, it will stop and feed at that point.
- Ticks are most active in the spring and early summer, though they may be present at other times of the year.
- Ticks are found in virtually all climates and geographic regions, from the Antarctic to the Sahara. They will often be most abundant in areas with wildlife, whose blood provides their food supply.

- On the golf course, stay on the fairway and out of the rough to avoid ticks.
- Ticks can be difficult to remove, and improper removal can cause tick mouthparts to remain in the skin and/or pathogens from the tick's body to enter the bloodstream. In particular, small, immature ticks (called larvae or nymphs) can be very hard to remove in one piece.
- Lyme disease is treatable with antibiotics—and the sooner treatment begins, the better.