

About Us

Illinois Lyme Association's mission is to raise awareness of Lyme and other tick-borne diseases. ILA provides the public with information and education on protection, prevention, and the risk of tick bites. The association will work with individuals and families on education and support for the treatment of Lyme disease. The organization will collaborate with health professionals and researchers to accomplish their goals.

Phone: 309-582-6735

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Web: www.illymeassociation.org

Facebook: @ Illinois Lyme Association

Tick Education Brings Policy in Illinois

The State of Illinois is quickly rising as the Midwest leader in tick education and research. We are working hard to bring about change!



Illinois Lyme Association provided accurate up-to-date information to the general Assembly. That education resulted in two new laws to give Lyme disease patients better access to care.

IL PUBLIC ACT 100-1137

Lauryn Russell Lyme Disease Prevention and Protection Law

IL PUBLIC ACT 101-1037

Long term antibiotic therapy for tick-borne diseases.

Looking for a Support Group?

ILA offers in-person & virtual meetings. Please contact us for additional info.

International Lyme and Associated Diseases Society (www.ildas.org) is a great resource and can help you find a LLMMD who specializes in tick illnesses.

Donations

Illinois Lyme Association is a non-profit, 501 (C) 3 registered with the internal revenue service. We are made up of volunteers who are passionate about this cause. Your donations are essential in supporting our efforts and we are grateful for your generosity.

Thank you for your support.

You can donate online or through the mail:
www.illymeassociation.org/

Illinois Lyme Association
601 SE 19th Avenue Aledo, IL 61231

PREVENT Lyme Disease

- Wear pants and a long sleeve shirt, tuck pant legs into socks, wear tall boots with double sided carpet tape around the top.
- Use products containing Permethrin on clothing, gear, and your property. Read product application instructions. Watch a video on how to properly apply Permethrin at <https://youtu.be/9Ezb1uSgGS>
- Always apply tick repellent. Picaridin, 40% DEET or DEET alternatives are effective repellents. Several all-natural sprays are available.
- Stay in the middle of the trail and away from foliage.
- Don't sit on logs, lean against trees, or walk through tall grass.

After Being Outdoors:

- Shower immediately!
- Perform ticks checks on yourself, children, and pets. Focus on hard-to-reach areas (scalp, fold, & creases).
- Put all of your clothes in a HOT dryer for 15 minutes. If you have been in Poison Ivy or Oak—Do not do this as the oil will transfer all over into the dryer.

How Do I Tick Proof My Yard?

- Treat yard with granules
- Remove leaf litter
- Clear any trash, tall grasses, and brush around house and at the edge of the lawns
- Place 3 ft wide barrier of wood chips or gravel between lawns and wooded areas
- Mow lawn frequently
- Deter Wildlife

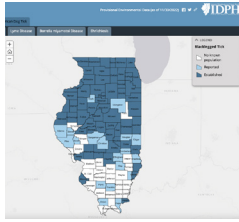


Joining Voices, Building Partnerships

We are always looking for volunteers.
Contact us if interested at
info@illymeassociation.org

Are Ticks in Your County?

Illinois Department of Public Health (IDPH) has a great resource map! Find a link to the IDPH Tick Map on our homepage at www.ilymeassociation.org.



Hunter Safety

Treat all your hunting clothes, hat, socks, boots and any gear you take with you with Permethrin. Also, treat a flat bed sheet to lay under your harvest when hanging to capture shedding ticks. Permethrin is not a repellent, it actually kills ticks. Ticks in contact with treated items get “hot feet” and will die. Treated gear or items are effective after several washes and multiple uses. Be sure to treat the inside and outside of your garments. Use caution when spraying Permethrin around cats. It can cause neurologically symptoms to cats when wet. Spray treatment outside and hang to dry. Always read and follow product instructions.

You Found a Tick... Now What...

- SAVE THE TICK (It can be tested) and clean the bite!
- Watch for symptoms: Early diagnosis is the Key!! Flu-like ailment, chills, lack of energy or extreme fatigue. A circular bull’s eye rash or a small bump or redness at the tick bite MAY develop, but not always.
- If tick is positive or suspect, contact a doctor immediately. An LLMD expert (Lyme Literate MD) is a great resource www.ilads.org. Treatment guidelines are available here: www.ilads.org/patient-care/ilads-treatment-guidelines/
- Keep watch! Antibodies can take up to 6 weeks to develop. A blood test can be negative if taken too soon or if your immune system is suppressed. You may have Lyme disease even with a negative test result.
- A short course of antibiotics may result in symptom relapse. Lyme Spirochetes life cycle is approximately 28 days. It’s recommended to have no less than 6 weeks of antibiotics for acute infection.

How to Remove a Tick?

Do not touch ticks with your bare hands!

Never squish, twist, or break off a tick inside of you.

Never burn a tick off, smother it with soap, oil, essential oils, or any other solution. Ticks can regurgitate bacteria into your body, increasing the chance of you getting the disease.

Only use fine-pointed tweezers.

Grasp the tick as close to the head as possible—and gently pull straight out using steady pressure.

Clean the wound with antiseptic or rubbing alcohol.

Ticks can carry more than just Lyme, and many newer infections transmit much faster than 24 hours.

Save The Tick!

IT CAN BE TESTED

Place tick in Ziploc bag and seal it with packing tape:

Results in 24 hours: www.ticknology.org

Results in 3 days: www.tickreport.com

Tick testing is fee-based. Follow company directions for mailing. Tick testing is not to be used as diagnostic; science is always evolving. However, it is a helpful tool.

Unattached ticks can be sent for identification and archived for future research at the link below.

<https://medical-entomology.inhs.illinois.edu/research/free-tick-identifications/>

What is Lyme Disease?

Lyme disease is a bacterial infection primarily transmitted by tick bite. Ticks are small arachnids and can be as small as the size of a poppy seed.

Lyme Facts

Lyme disease is the fastest growing infectious disease. It is 1.5x more common than breast cancer and 6x more common than HIV.

The typical “**bull’s-eye rash**” occurs in less than half of all Lyme infections.

Current testing is only 40–60% accurate. New studies indicate even less.

It can take 4–6 weeks for your body to build enough antibodies to be detected on a test.

Most insurance companies do not cover treatment. Illinois state regulated insurance plans are mandated by law to cover.

Mice, Migratory birds, and deer at the cause of the major spread.

Symptoms of Lyme Disease

- Flu-like symptoms, fatigue/exhaustion, rashes
- Migratory joint pain, swelling and stiffness, muscle aches, arthritis
- Neurological impairment, headache, unable to concentrate, thought organization or brain fog, memory loss, or vision changes
- Difficulty with speech or writing, ear pain—buzzing or ringing, rage or change in personality
- Seizures, light-headedness, poor balance or difficulty walking and Bell’s palsy
- Cardiac issues, irregular heartbeat, heart block

Co-infections And Major Symptoms

- Babesia, Anaplasma, Ehrlichia, Rickettsia, Rocky Mt. Spotted Fever and Bartonella are a few co-infections. Co-infections need to be thoroughly ruled out when treating Lyme disease especially if symptoms are not improving.
- Fever, air hunger, drenching night/day sweats, severe fatigue
- Low white-blood cell count, hemolytic anemia, swollen lymph nodes
- Stretch-mark like rash, spotted rash, headache, chills

What is Alpha Gal Syndrome?

Alpha Gal is an allergy to red meat and other products made from mammals that can result in anaphylactic shock following a bite from a Lone Star tick.