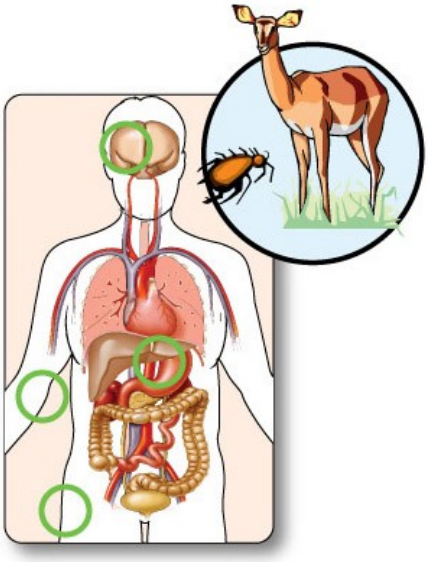
Ehrlichiosis and Anaplasmosis

Ehrlichiosis (HME) and Anaplasmosis (HGA) are diseases people get from ticks.

HOME CARE

Treatment with medicine (*antibiotic*) is almost always effective. The antibiotic stops the symptoms within a couple days and cures the infection.



PREVENTION

Ticks like to hide in shady, moist ground litter. But ticks can also be found in tall grass, brush, shrubs and low tree branches. They also live in lawns and gardens, especially at the edges of woodlands and around old stone walls.

People get ticks by direct contact with them. Once a tick is on a person the tick climbs upward. The tick will stop when it reaches a more protected area. These include the:

- Back of the knee.
- Groin.
- Navel.
- Armpit.
- Ears.
- Neck.

The tick then embeds itself in the skin.

AVOID TICKS BY FOLLOWING THESE RULES:

- Wear light-colored clothes. This makes ticks easy to spot on your clothes.
- Wear clothes with a tight weave. This will keep the tick away from the skin.
- Wear long pants tucked into socks. Wear long-sleeved shirts tucked into pants.
- Wear closed shoes or boots.
- Use insect repellent. Spray clothes with insect repellent. Follow directions carefully.
- Wear a hat and keep long hair pulled back.
- Stay on cleared, well-used trails when possible.
- Spot-check yourself and others often.
- Take off your clothes after leaving tick areas. If possible, wash them to get rid of any unseen ticks.
- Check yourself, your children and any pets from head to toe for the presence of ticks.
- Shower and shampoo.

SEEK MEDICAL CARE IF:

If you get the symptoms listed above and they do not go away in a day or two, HME or HGA should be suspected. See a doctor. Do this even if you are not aware of a tick bite.

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