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Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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**Did you know that the month of May
opens tick season in CT?**

This increases Lyme disease risk!

What do you need to know?



AVOID

Avoiding exposure is the best prevention!

- Avoid wooded and bushy areas with high grass and leaf litter
- Walk in the center of trails
- Tuck pants into socks, and cover up as much as possible

REPEL

- Use products that contain 20-30% DEET (Repel 100®, OFF!®, etc.)
- Use DEET on exposed skin and clothing for protection that lasts up to several hours. Parents should apply this to their children, while avoiding contact with hands, eyes and mouth
- Use permethrin containing products on any outdoor clothing, gear, boots and pants (Sawyer Duranon Repellent®, ThermoCell Repellent®)



FIND and REMOVE

- Find and remove ticks from your body by:
- Bathing or showering within 2 hours of being outside to wash off any ticks crawling on you
- Conduct a full body check using a hand held or full length mirror to view all parts of your body

Parents should check their children for ticks under arms, in and around the ears, inside the belly button, behind knees, between the legs, around the waist, and especially in the hair!

Examine your pets! Ticks can ride into the home on your pets and attach to a person later!!

SIGNS and SYMPTOMS

- Fatigue, chills, fever, headache
- Muscle and joint aches, and swollen lymph nodes
- Some people may not have the rash
- Red, expanding rash commonly known as the Bull's Eye
- Occurs in approx. 70-80% of infected persons
- Begins at site of a tick bite after a delay of 3-30 days
- Expands over a period of several days and can reach up to 12 inches across. Parts of the rash may clear as it gets larger- leading to a bull's eye-like appearance.
- This rash can appear on any area of the body



Remember you can call your physician or pharmacist anytime with questions!

At Pequot Health Care, we are dedicated to maintaining your good health!

Lyme Disease. Centers for Disease Control and Prevention Website. <http://www.cdc.gov/lyme/index.html>. Published March 4, 2015. Updated May 4, 2015. Accessed May 22, 2015.



PEQUOT
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Doctors' FAX Line
1-888-779-6329

Website
www.prxn.com

E-Mail
pharmacy@mptn.org

PEQUOT
HEALTH CARE

Pequot Health Care
1 Annie George Drive
Mashantucket,
CT 06338



Mashantucket Pequot
Tribal Nation