

CT Women's Journal  
May/June 2011 Issue

### ARTHRITIS FOUNDATION and GFWC/CT TICK BOOKMARKS

For twenty-two years, the General Federation of Women's Clubs of CT has been collaborating with the Arthritis Foundation to educate the public about Lyme disease. Through this collaboration the "Get Ticked Off" bookmark was created. Each year paper "Arthritis Links" are sold at cold meetings, with members signing their names, then linked together and displayed at the GFWC/CT May annual convention. The bright colorful bookmarks have been financed from selling "Arthritis Links" and bookmarks are given to schools, health departments and sports leagues.

The information included on the bookmark . educates the public on how to recognize "Deer Ticks" May-September as nymphs and then as adults October-April. A diagram shows both and compares the "Dog Ticks" which do not carry Lyme disease and the size of "Deer Ticks", which does transmit Lyme disease.

To prevent Lyme disease . you should:

- Wear socks pulled over long pants
- Wear long sleeves, hat and closed shoes
- Use tick repellent on clothing
- Inspect yourself, your pets after being outdoors

Know the early signs:

- Skin rash
- Stiff neck
- Fatigue
- Headaches
- Fever
- Muscle and joint pain
- Swollen lymph nodes

Contact the Arthritis Foundation at [www.arthritis.org](http://www.arthritis.org). 1-800-541-8350 or [infor.sne@arthritis.org](mailto:infor.sne@arthritis.org) for detailed information on Lyme disease and related disorders such as Babesiosis, Ehrlichiosis along with other important information like "how to remove ticks properly and subsequent treatment".

Want to know more about the General Federation of Women's Clubs of Connecticut? Please visit our website . [www.gfwcct.org](http://www.gfwcct.org) and see all that we do through volunteer service in our communities. We hope you do, and we hope you consider joining us.

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