



MONTHLY UPDATE

July 2022

ANNOUNCEMENTS

Strategic Planning Session

On July 13, the Commission will conduct the agency's strategic planning workshop. The workshop will begin promptly at **8:30 a.m.** and take place at the County of Orange Civic Center, **601 North Street, Room 104, Santa Ana, CA 92701**. The half-day session, scheduled to end by **12:00 noon** and will include a review and potential refining of the agency's goals that will be used by staff to develop the Fiscal Year 2022-2023 Work Plan for consideration by the Commission in August. There will also be a brief discussion on any changes involving the Commission's strengths, weaknesses and opportunities since the September workshop. Additionally, at the beginning of the workshop, there will be an opportunity for the Commission to receive comments from the public. Announcement of the workshop has been distributed to our local agencies and other OC LAFCO subscribers.

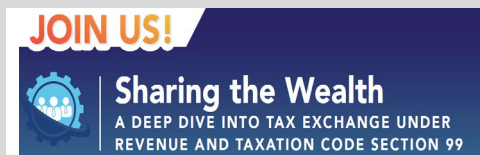
Additional information on parking and other accommodations has been sent to you in a separate email.

Future OC LAFCO Regular Meetings

Beginning in September, OC LAFCO Regular Meetings will be held at the County of Orange Civic Center. OC LAFCO staff is currently working with staff of the County Executive Office to finalize the specific details. As the new Civic Center is still under construction, the Commission's first few meetings at the Civic Center may experience slight adjustments to the meeting room location. Staff will ensure that the Commission is notified of the respective location in advance of each meeting, as well as publish the location in the agenda and on the agency's website for the public. Staff appreciates your patience during this transition.

Upcoming CALAFCO Webinar

Here's an opportunity to learn more about one of the many complexities of the LAFCO process! Join the next CALAFCO webinar titled "Sharing the Wealth," where you will hear from expert panelists on the property tax exchange process for counties, cities and special districts involving boundary changes. The panel will include a representative from the Orange County Auditor-Controller. This exciting webinar will take place on **Thursday, July 21, 2022, from 1-3 p.m.** You can sign up and get more information on the webinar at the CALAFCO website (www.calafco.org).



Vector of the Month

Western Black-Legged Tick, *Ixodes pacificus*

Ixodes pacificus is a species of hard tick that has been recovered from a variety of hosts along the Pacific Coast from Washington and Oregon through California. Included in the host records are birds (quail), mammals (cats, dogs, deer, chipmunks, pocket mice, deer mice, horses, and man), and lizards (fence and alligator lizards). *Ixodes pacificus* is found mainly in wooded and grassy areas across the state.

In the early 1980s, *I. pacificus* was incriminated as a potential vector of the type of bacteria that causes Lyme disease. This disease was first recognized in 1975 in Lyme, Connecticut, and is characterized by annular skin lesions (erythema chronicum migrans) that may be followed by arthritic, neurologic, or cardiac symptoms several weeks or months later. The disease is caused by a microbe called a spirochete (scientifically referred to as *Borrelia burgdorferi*), which may be seen moving in a serpentine fashion under a microscope. People are most commonly exposed to the Lyme disease agent by the immature nymphal tick, which is active in the spring and early summer; an average of 5-15% of nymphal western black-legged ticks in California are infected with *B. burgdorferi*.¹

Relatively few cases of Lyme disease were diagnosed in California in the early 1980s; however, after recognition of this disease by the medical community, a significant increase in diagnosed cases has occurred. Typically, 80 – 100 cases are recognized each year in the state, with the highest

number of infections occurring in Trinity, Mendocino, Humboldt, Mono, Sierra, and Nevada Counties. Because the symptoms of this disease are variable, it is possible that some victims of Lyme disease go undiagnosed.

The Orange County Mosquito and Vector Control District initiated a monitoring and testing program for ticks and spirochetes in 1984, which continues to this day. In March of 1991, *B. burgdorferi* spirochetes were isolated from a male *I. pacificus* collected near San Clemente in February. Since that time, more than 5,000 *I. pacificus* from Orange County have been checked for spirochetes and all other specimens have tested negative for *B. burgdorferi*. Although some people have claimed to have acquired Lyme disease while residing in Orange County, most infections have been attributed to people visiting northern California and the eastern U.S., where Lyme disease is more common.

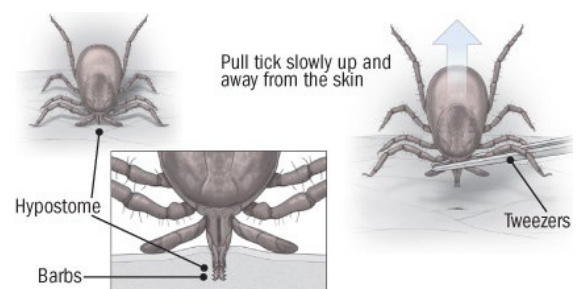
The principal protection against Lyme disease is awareness. Individuals are encouraged to avoid problems by learning more about the vector ticks and their natural habits and habitats. People are advised to avoid areas where ticks occur, or if potential exposure is unavoidable, use both protective clothing and tick repellents, check the entire body for ticks daily, and promptly remove attached ticks.

¹<http://www.cdph.ca.gov/healthinfo/LymeDisease.aspx>



Tick Removal

- Use Tweezers and grasp the tick's mouthparts as close to the skin as possible.
- Gently pull the tick straight out with steady pressure.
- Do not twist or jerk the tick.
- Do not try to remove the tick by burning it or applying ointment or lotion.
- Apply an antiseptic to the bite area after removing tick.
- Wash your hands with soap and water.

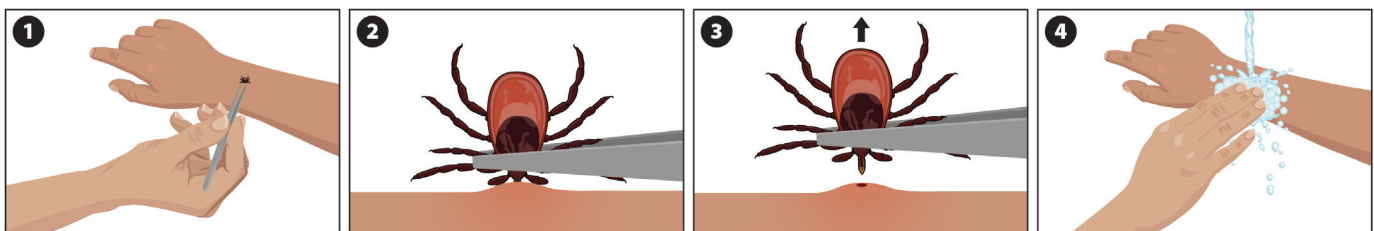


Tick Bite: What to Do

Ticks bites can make people sick. Below are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick.

Remove the tick as soon as possible

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your healthcare provider for identification, put it in rubbing alcohol or place it in a sealed bag/container.



Consider calling your healthcare provider

In general, CDC does not recommend taking antibiotics after tick bites to prevent tickborne diseases. However, in certain circumstances, a single dose of doxycycline after a tick bite may lower your risk of Lyme disease. Consider talking to your healthcare provider if you live in an area where Lyme disease is common.

Watch for symptoms for 30 days

Call your healthcare provider if you get any of the following:

- Rash
- Headache
- Fever
- Muscle pain
- Fatigue
- Joint swelling and pain

Treatment for tickborne diseases should be based on symptoms, history of exposure to ticks, and in some cases, blood test results. Most tickborne diseases can be treated with a short course of antibiotics.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

Common questions after a tick bite

Should I get my tick tested for germs?

Some companies offer to test ticks for specific germs. CDC strongly discourages using results from these tests when deciding whether to use antibiotics after a tick bite.

- Results may not be reliable. Laboratories that test ticks are not required to meet the same quality standards as laboratories used by clinics or hospitals for patient care.
- Positive results can be misleading. Even if a tick contains a germ, it does not mean that you have been infected by that germ.
- Negative results can also be misleading. You might have been bitten unknowingly by a different infected tick.

Can I get sick from a tick that is crawling on me but has not yet attached?

Ticks must bite you to spread their germs. Once they attach to you, they will feed on your blood and can spread germs. A tick that is crawling on you but not attached could not have spread germs. However, if you have found a tick crawling on you, it's a sign there may be others: do a careful tick check.

How long does a tick need to be attached before it can spread infection?

Depending on the type of tick and germ, a tick needs to be attached to you for different amounts of time (minutes to days) to infect you with that germ.

Your risk for Lyme disease is very low if a tick has been attached for fewer than 24 hours. Check for ticks daily and remove them as soon as possible.

