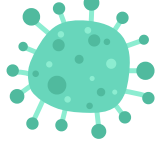
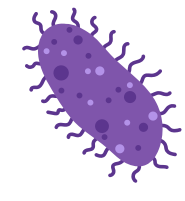


THE GERM GAZETTE

Quarterly disease trend update for school & daycare health staff



Quarter 2

April-June 2026

Tiny Bite, Big Risk: Lyme Disease

Lyme Disease is transmitted to humans by the Deer tick, also known as the Blacklegged tick. Human infection is most common among northeastern, mid-Atlantic, and upper midwestern US residents. Early symptoms are likely to occur about 7 days after a tick bite, although they may not appear for up to 30 days and late symptoms associated with untreated disease may not develop for multiple years.

10-80% OF PEOPLE INFECTED HAVE AN EM RASH!

Early Signs & Symptoms:

- Non-itchy/non-painful erythema migrans (EM) rash (might resemble a bullseye)
- Chills or fever
- Fatigue
- Headache
- Muscle and/or joint pain
- Swollen lymph nodes

High-Risk Activities:

- Camping
- Fishing
- Hiking
- Hunting
- Other activities in known tick habitats or wooded and brushy areas



Other Tickborne Illnesses Caused by the Blacklegged Tick:

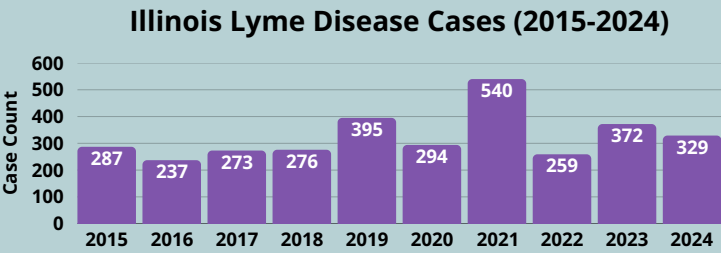
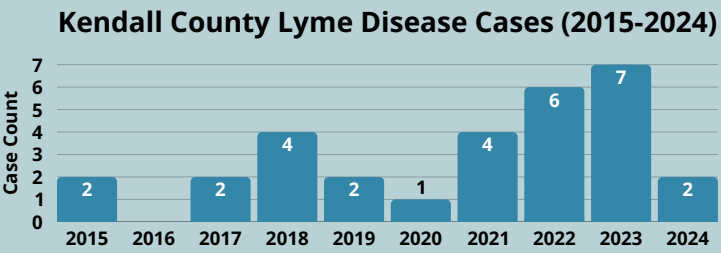
- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Hard tick relapsing fever
- Powassan virus disease



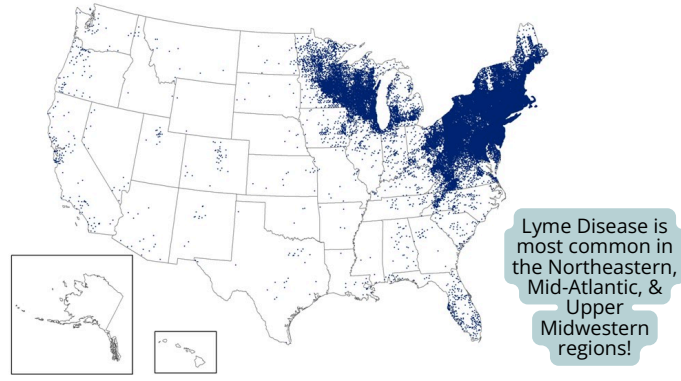
SURVEILLANCE SPOTLIGHT: Lyme Disease Trends

According to provisional data from Illinois' National Electronic Disease Surveillance System, the Kendall County Health Department investigated 10 cases of Lyme disease in 2025. Three of these cases were younger than 18 years of age.

The Illinois Department of Public Health (IDPH) publishes annual tickborne data, including human cases across the state and ticks that tested positive for Lyme disease and other tickborne diseases. Data in the graphs below are as of 3/4/26 and subject to change. For more information, visit [IDPH's Illinois Tickborne Disease Dashboard](#).

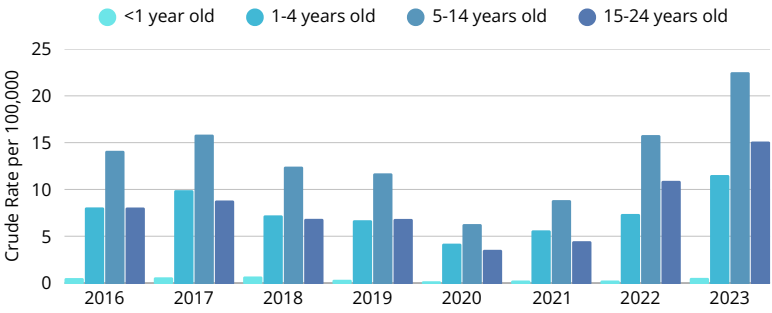


Reported Cases of Lyme Disease – United States, 2023



Map sourced from the Centers for Disease Control and Prevention (CDC)

U.S. Lyme Disease Cases Aged 0-24 Years (2016-2023)



From 2016-2023, 5-14-year-olds consistently had the highest annual incidence of Lyme disease among United States residents aged 0-24 years.

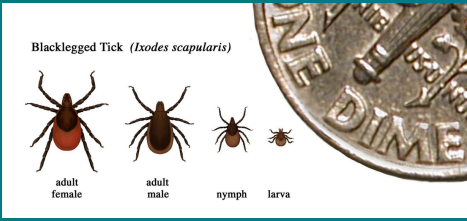
Data is as of 3/4/26, is subject to change, and is sourced from CDC WONDER

After The Bite

IDENTIFIED A TICK ON YOURSELF OR A STUDENT? FOLLOW THESE STEPS!

- 1 Remove the tick as soon as possible; ticks must typically be attached for 24+ hours for Lyme disease to spread to the human (do NOT wait to be seen by a healthcare provider)
- 2 Using fine-tipped tweezers (if available), grab the tick as close to the skin as possible and steadily pull the tick in an upwards motion to avoid squeezing the body or breaking the tick into pieces
- 3 After removing the tick, clean hands and the bite spot with isopropyl alcohol (or soap and water)
- 4 To safely get rid of the tick, do one of the following: flush it down the toilet, wrap it tightly in tape, or contain it in rubbing alcohol or a sealed container/bag
- 5 Check rest of body for ticks
- 6 Monitor for signs and symptoms for 30 days

Nymphs (stage between larva & adult), as well as adult female ticks, are the most likely to bite humans



Graphic sourced from the Centers for Disease Control and Prevention

IMPORTANT!

Do not use any of the following to remove a tick:

- Nail polish remover
- Petroleum jelly
- Heat
- Any other substance!

MYTH OR FACT: Ticks can jump



Answer: Myth! Ticks cannot jump or fly. Instead, they must crawl around their environments to find hosts that they can latch onto. They also have very poor eyesight, only being able to see dim shadows. Because of this, they have developed sensors in their feet that allow them to smell carbon-dioxide when an animal breathes.

FOR QUESTIONS, CONCERNS, OR TO NOTIFY KCHD OF REPORTABLE DISEASE:
CALL 630-553-9100 EXT. 8046

RESOURCE CORNER



Illinois Tick Detectives Workbook



Tick FAQs & Crossword Puzzle



KCHD Tick Program Tick Identifier

BONUS JOKE: What do ticks and the Eiffel tower have in common?
Answer: they're both Paris-sites

Special thanks to KCHD's Well and Septic Program Coordinator and Tick Expert, Lauren Belville, for this edition's fun facts!