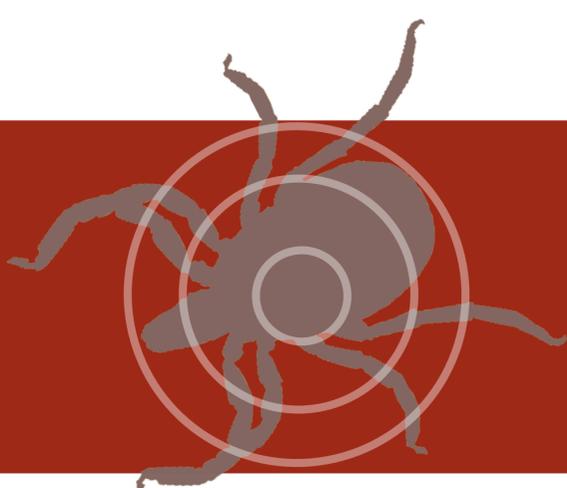


# All about TICKS



With tick-borne diseases on the rise, protecting yourself and your family from ticks is important. By being aware and taking steps to prevent tick bites, you can enjoy the outdoors.

## Deer ticks can be active all year long

active in spring, fall & winter

active in spring & summer

active in late summer

Tick habitat is in shady, damp, brushy, wooded areas including shrubs and gardens.

Deer ticks can be active even in the winter when temps are above freezing and if there is a break in the snow cover.

Nymph stage ticks are found mostly at ground level. Adult stage ticks can be found up to a couple of feet off of the ground on vegetation.

## Cape Cod ticks

**Deer Tick**  
Also called blacklegged ticks, they can transmit the pathogens that cause Lyme disease, babesiosis, anaplasmosis and relapsing fever.

**Lone Star Tick**  
They can transmit the pathogens that cause Ehrlichiosis, STARI and tularemia. In addition, the bite can cause an allergy to red meat consumption.

**Dog Tick**  
These can transmit the pathogens that cause tularemia and Rocky Mountain Spotted Fever.

## Don't get bit!



**Use insect repellent.** Products containing DEET may be used on skin. Products containing Permethrin may be used on clothing. Follow instructions! Read the label!



**Wear long clothing.** When walking in wooded areas, tuck your pants into socks. Wear light colors to easily see ticks.



**Throw your clothes in the dryer.** Do a tick check, then tumble-dry clothes for 20 minutes. This will kill ticks attached to your clothing.

## You found a tick. Now what?

You want to remove the tick immediately and correctly. Grab some tweezers and antiseptic.

Using pointy tweezers, grasp tick by the head and pull straight up. Avoid twisting.

Store the tick in a baggie and date it. This will allow you to I.D. the tick, send it off for testing, and inform your doctor of when the bite occurred.

After removing tick apply antiseptic to bite area.

Contrary to popular belief ticks do not insert their entire head into you, just a long beak with barbs. If the beak breaks off it is no worse than a wood splinter...it will eventually dissolve.

## How NOT to remove a tick

- X** Do not use blunt tweezers or your fingers...this may crush the tick. Ticks carry a LOT of bacteria and this may cause an infection.
- X** Do not use a match to burn the tick. Takes away any option of testing the tick.
- X** Do not apply materials like petroleum jelly, dish detergent, etc. This just leaves the tick attached for a longer period of time. Remember the longer a tick is attached the risk of transmitting a pathogen (bad bug!) increases.

## Don't forget your pets!

Does your dog or cat spend time outdoors? Then you should be checking them for ticks.



Vaccines are not available for all of the tick-borne diseases that dogs can get, and vaccines don't keep the dogs from bringing ticks into your home.

Do not apply any repellents to your cats without first looking at product directions!

To reduce the chances that a tick will transmit disease to you or your pets:

- Check your pets for ticks daily.
- Tick control products such as topicals and collars are available. Note, some products should not be used on cats. Speak with a pet store manager or veterinarian.
- A Lyme vaccine is available for dogs.