

Fight the Bite!



Black legged tick (*Ixodes scapularis*)

Photo: Marcee Toliver, 2011

Did you know:

Prevention is the best defense against ticks.

- There are at least 12 kinds of ticks commonly found in North Carolina.
- The four species most commonly found on people in the state are the Lone star tick, the American dog tick, the Gulf Coast tick and the black legged tick.
- These ticks can transmit diseases like Rocky Mountain spotted fever, Lyme disease and ehrlichiosis.
- Removing attached ticks promptly has been shown to reduce the risk contracting a tick borne illness.
-

Protect yourself by:

- Avoiding tick-infested areas when possible.
- Wearing light colored clothing, preferably long sleeves and pants when outdoors in warm weather.
- Tucking pant legs into socks and shirt tails into pants.
- Using repellents as directed on the label
- Checking frequently for attached ticks and removing them correctly and promptly.

Join us as we

FIGHT THE BITE!

FOR MORE INFORMATION
CONTACT YOUR LOCAL HEALTH
DEPARTMENT, LOCAL MOSQUITO
CONTROL AGENCY OR VISIT OUR
WEBSITE AT:

Fight the Bite!

Amblyomma americanum female, aka the Lone star tick

Photo: Marcee Toliver, 2008



Did you know:

Protect yourself by:

Prevention
is the best
defense
against
ticks.

- There are at least 12 kinds of ticks commonly found in North Carolina.
- The four species most commonly found on people in the state are the Lone star tick, the American dog tick, the Gulf Coast tick and the black legged tick.
- These ticks can transmit diseases like Rocky Mountain spotted fever, Lyme disease and ehrlichiosis.
- Removing attached ticks promptly has been shown to reduce the risk contracting a tick borne illness.
- Avoiding tick-infested areas when possible.
- Wearing light colored clothing, preferably long sleeves and pants when outdoors in warm weather.
- Tucking pant legs into socks and shirt tails into pants.
- Using repellents as directed on the label
- Checking frequently for attached ticks and removing them correctly and promptly.

FOR MORE INFORMATION
CONTACT YOUR LOCAL HEALTH
DEPARTMENT, OR VISIT OUR
WEBSITE AT:

Join us as we

FIGHT THE BITE!