

TICK ALERT

DID YOU KNOW?
Studies have shown it takes 36-48 hours for the Lyme bacteria to move from tick to human. If you remove a tick within 36 hours, your odds of contracting Lyme disease are slim - less than 4 percent.

HOW TO PROTECT YOURSELF AND OTHERS

FOLLOW THESE STEPS TO REDUCE YOUR RISK OF CONTRACTING LYME DISEASE.

- ✓ Avoid marshy areas, and don't brush up against high grass, and woody shrubs.
- ✓ Wear long pants and tuck them into your socks to prevent ticks from crawling up your legs.
- ✓ Wear light colored clothing so you can spot ticks more easily, when working outside.
- ✓ At least once a day, check your body. Think small - deer tick nymphs, which spread Lyme disease far more than adult deer ticks, are usually about the size of poppy seeds.
- ✓ If you find a tick and suspect it has been attached for at least 36 hours, contact your doctor for antibiotic as insurance against an infection.
- ✓ Ticks are commonly found in shady areas, moist ground litter, tall grass, brush, low tree branches, and along trails in the woods. They can also be found in backyards that back up to woody areas.
- ✓ Not all ticks carry diseases, but see your doctor at the earliest signs of any of these symptoms of tick-borne disease within one to four weeks after a tick bite or exposure to tick habitats.



HOW TO REMOVE A TICK

Carry fine-tipped tweezers when hiking in high-risk areas. If you find an embedded tick, grasp it near your skin with the tweezers and pull it out in one steady motion without crushing it. If you crush a tick, wash your skin with soapy water or alcohol.



DEER TICK or BLACK LEGGED TICK

Transmits agents of Lyme disease and a parasitic disease called babesiosis.

- Onset of symptoms is three to 30 days after tick bite.
- Early symptoms may include rash, fever, headache, muscle aches, fatigue and joint aches. Rash appears in 60 percent of cases.
- Some people develop late symptoms, which vary and may include: secondary bull's-eye shaped rashes, joint and muscle pain with or without swelling, neurological symptoms and heart problems.
- Early treatment with antibiotics is important to prevent late symptoms, including those that may be chronic and disabling.



LONE STAR TICK

Transmits agents of ehrlichiosis and a Lyme like condition known by STARI.

- Onset of symptoms is five to 21 days after tick bite.
- Symptoms usually include fever, fatigue, headache and muscle aches, vomiting, diarrhea, cough, joint pain and confusion.
- Rash is often absent and more common in children.
- Severe disease or death occurs rarely.
- Early treatment with antibiotics is important.
- A newly discovered disease called STARI is treated with antibiotics.
- STARI Symptoms are indistinguishable from those of early Lyme disease and include a bull's-eye shaped rash, sometimes with fever, headache, muscle pain or fatigue.



AMERICAN DOG TICK

Transmits agents of Rocky Mountain spotted fever and tularemia, but not Lyme.

- Onset of symptoms is three to 14 days (average seven days) after tick bite.
- Initial symptoms may include: high fever, severe headache, muscle aches, nausea, vomiting and loss of appetite.
- Later symptoms: rash (two to six days after onset of fever), abdominal pain, joint pain and diarrhea.
- Rash usually starts as small, flat, pink spots that do not itch on wrists and ankles, and then spreads.
- It can lead to heart, lung or kidney failure, swelling of the brain, and/or death.
- Early treatment with antibiotics is important.