

TICKS

Stay Safe Outdoors



BLACK-LEGGED TICK
1324009



LONE STAR TICK
5369286

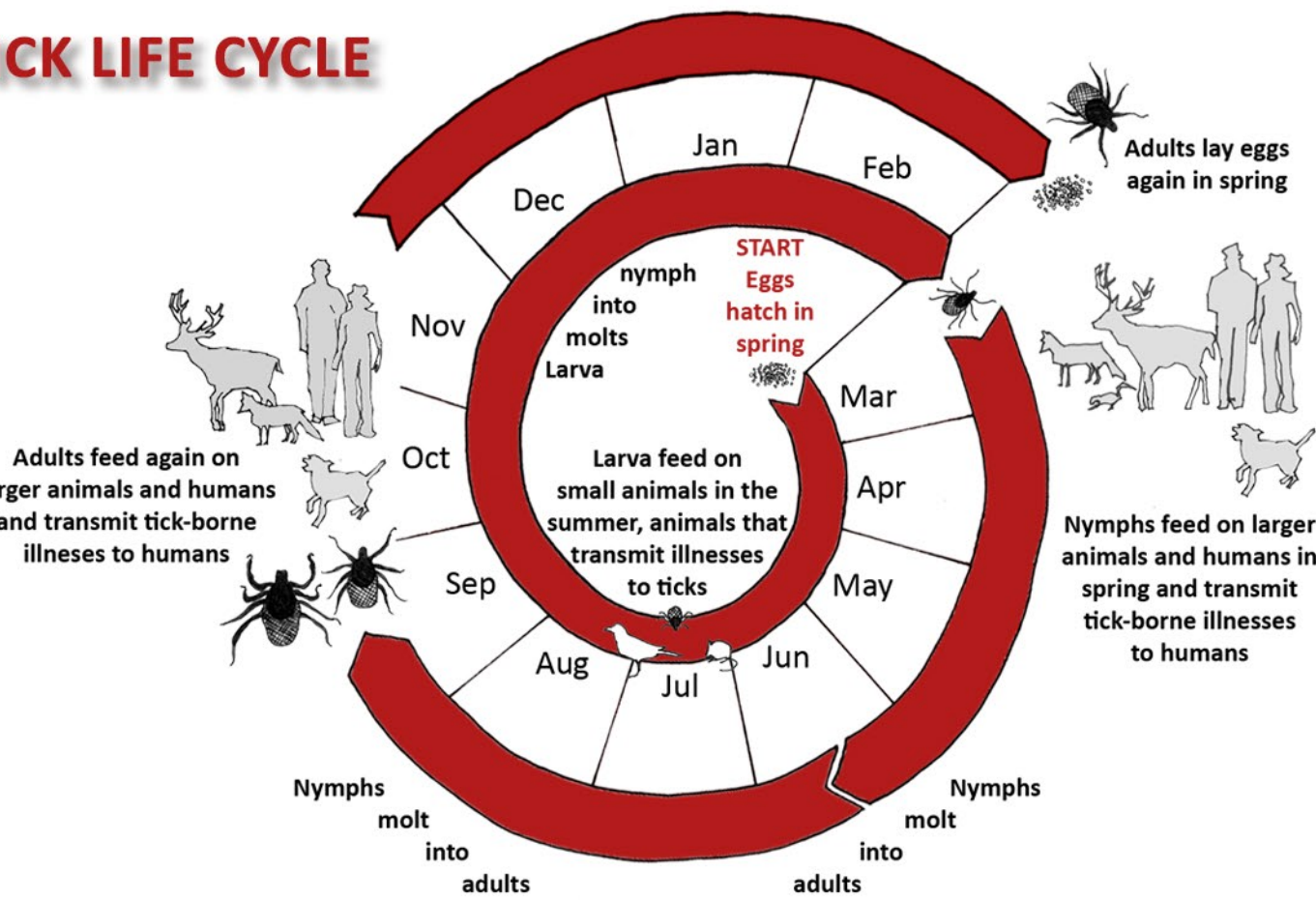


AMERICAN DOG TICK
5380298



BROWN DOG TICK
5384387

TICK LIFE CYCLE



Exposure to tick-borne illness can happen any time of year but **RISK is highest in spring and summer months**

PROTECT YOURSELF

Take preventive measures against ticks year round. Be extra vigilant in warmer months (April-September) when ticks are most active.

- **Avoid tick habitat**
 - Walk on center of trails to avoid overhanging brush and debris
 - Avoid bushy areas with tall grass and leaf litter.
 - Avoid deer trails
- **Tuck your pants into your socks when hiking in the woods**
- **Use a pesticide such as Deet or permethrine**
- **Conduct routine tick checks**

TICK - BORNE ILLNESSES



BLACK-LEGGED TICK
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Black-legged Ticks can transmit *Lyme disease*, *Anaplasmosis*, *Babesiosis*, and the *Powassan (POW) virus*. Symptoms of *Lyme Disease* include fever, headache, weakness, and a skin rash characteristic of a bull's eye. If left untreated, *Lyme Disease* can cause long term joint pain and damage the nervous system. Symptoms of *Anaplasmosis* include fever, headaches, chills, and muscle aches that usually occurs within 1-2 weeks following the tick bite. *Babesiosis* infects red blood cells and many may not experience any symptoms but some may experience flu-like symptoms, fever, chills, sweats, headache, body aches, weakness, loss of appetite or nausea. Symptoms of *POW* include fever, headache, vomiting, weakness, confusion, seizures, and memory loss.



LONE STAR TICK
5369286

The **Lone Star Tick** causes *Ehrlichiosis*, *STARI* and *Tularemia*. Symptoms of *Ehrlichiosis* can include fever, headache, fatigue, and muscle aches. Symptoms can be seen 1-2 weeks following the tick bite. The most visible symptom of *STARI*, *southern tick associated rash illness*, is a rash, similar to that of Lyme Disease. See American Dog tick for symptoms of *Tularemia*.



AMERICAN DOG TICK
5380298

American Dog Tick is known for transmitting *Tularemia* and the *Rocky Mountain spotted fever (RMSF)*. Symptoms of *Tularemia* can vary depending on how the bacteria enters the body but the most common symptom is a fever. See brown dog tick for symptoms of the *RMSF*.



BROWN DOG TICK
5384387

The **Brown Dog Tick** causes the *Rocky Mountain spotted fever (RMSF)*. Symptoms for *RMSF* can include fever, headache, vomiting, abdominal and muscle pain. If symptoms are not treated within the first few days, *RMSF* can be severe or even fatal.

CONDUCT A ROUTINE TICK CHECK

- Check your clothing for ticks. Ticks may be carried into the house on clothing. Placing clothes into a dryer on high heat for at least one hour will effectively kill ticks.
- Check your body for ticks after being outdoors. Use a hand-held or full-length mirror to view all parts of your body.
- Showering within two hours of coming indoors has been shown to reduce your risk of getting tick-borne illnesses.

SIZE COMPARISONS OF TICKS

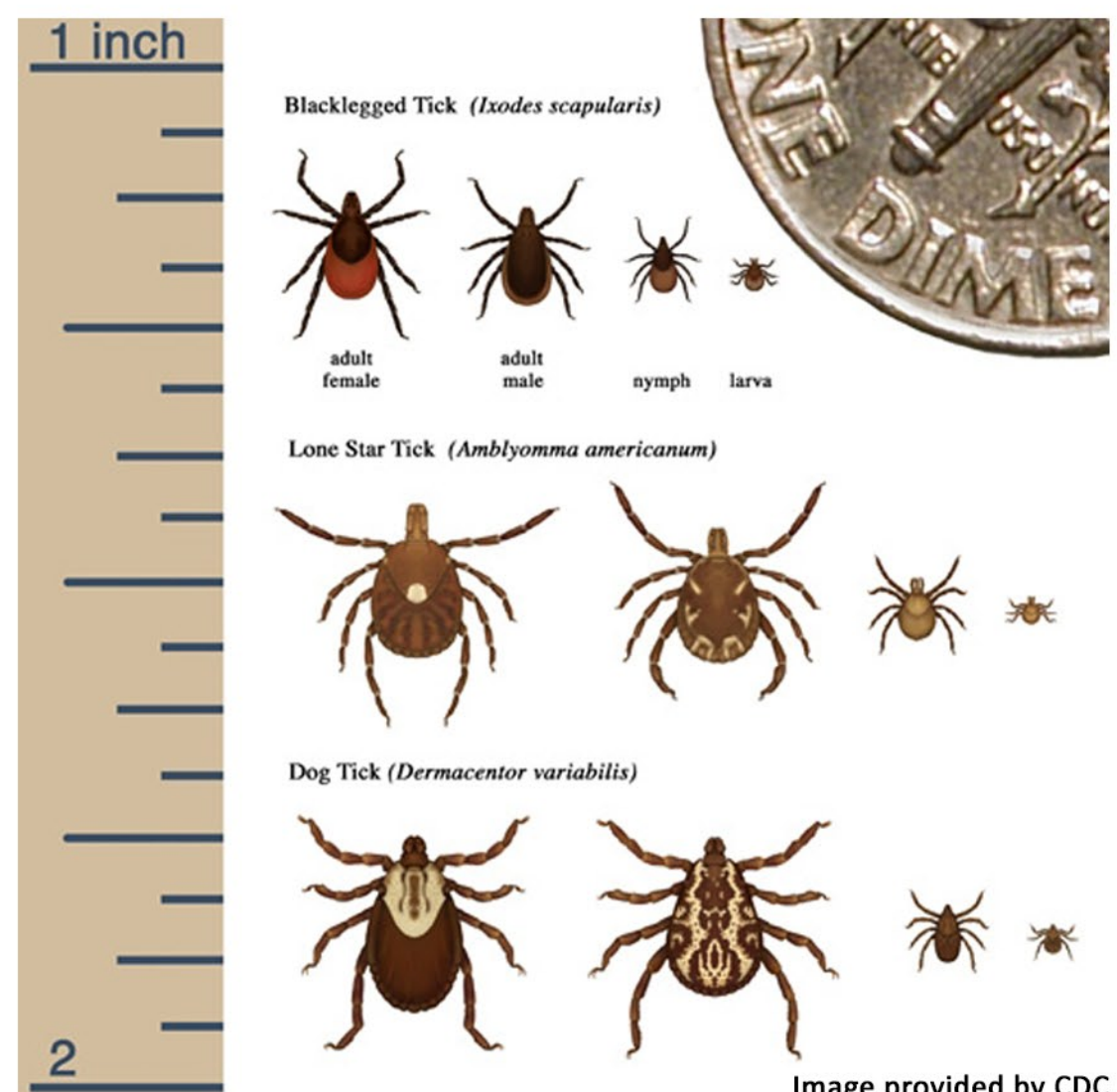


Image provided by CDC

Most ticks go through four stages in its life span. At each stage, ticks feed on a host in order survive. Most ticks can live up to three years. The diagram above gives a relative size comparison of ticks at its various life stage and in comparison with other tick species.