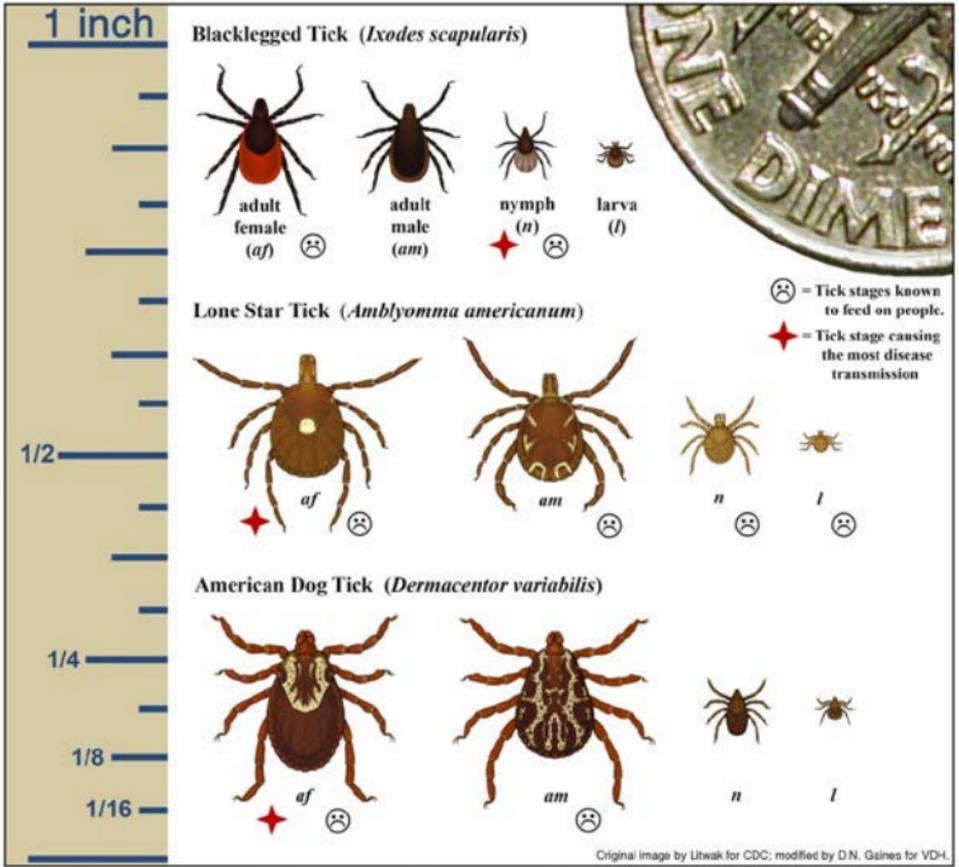


Know the facts...

BE TICK WISE



TICKS...

- Are wingless, parasitic arachnids with no antennae and four pairs of legs
- Are very small and have different life stages present at different times of the year, their larval stages have only three pairs of legs
- Are often found in areas of high grass and bushy wooded areas, but are also found on beach grass and sunny fields.
- Wait (or quest) for hosts to brush up against them, there are some that are known to crawl towards potential hosts. They do not fly, jump, or drop from trees.
- Attach to animal and human hosts.
- They insert their biting mouth parts, they do not burrow under the skin.
- A bite from an infected tick that is attached long enough may cause illness.

DISEASE

Tick borne disease symptoms are often very similar to common maladies, such as the flu, and are not always properly diagnosed. Tick borne diseases are diagnosed with blood tests. Not all ticks carry disease and different ticks can carry different diseases. It is possible to contract a tick borne disease and not know you were even bitten by a tick, nor have a bull's eye rash, or even a fever. If you find a tick attached, properly pull it out using tweezers and save it for identification.

DISEASE	APPEARANCE	SYMPTOMS
Lyme Disease (transmitted by the blacklegged tick)	May not appear until weeks or months after tick bite	<ul style="list-style-type: none">• fatigue• chills and fever• headache• muscle and joint pain• bull's eye rash
Rocky Mt. Spotted Fever (transmitted by the dog tick)	2 – 14 days after tick bite	<ul style="list-style-type: none">• fever, chills• severe headache• muscle pain• rash (black measles)
Babesiosis (transmitted by blacklegged tick)	Several days to weeks after tick bite	<ul style="list-style-type: none">• Malaria like anemia• fatigue• fever, chills
STARI Southern Tick-Associated Rash Illness (transmitted by the lone star tick)	Several days after tick bite	<ul style="list-style-type: none">• fatigue• fever• headache• muscle and joint pain• bull's eye rash
Ehrlichiosis (transmitted by the lone star tick)	5 – 10 days after tick bite	<ul style="list-style-type: none">• fever• headache• fatigue• muscle aches

AVOIDING TICKS

- Wear light colored clothing (better to spot the buggers)
- Wear long sleeved shirts and pants
- Tuck your pant legs into your socks
- Wear closed shoes with no grommets
- Walk in the center of pathways, avoiding gametrails, brushy, or grassy areas
- Frequently check yourself for ticks
- Consider using insect repellents if you are going to be out in tick infested areas

REMOVING TICKS

If the tick has attached, use tweezers, or cover your fingers with paper to grasp the tick as close to your skin as possible. Pull steadily and firmly until the tick lets go. Apply antiseptic and save the tick for the physician, or lab, to identify. Never twist, squeeze, or use petroleum jelly or other substances to remove a tick.

If you become ill after a visit to a tick infested area, be sure to seek medical attention and let the physician know you have been exposed to ticks.



Cornell University
Cooperative Extension
Lewis County