

Ticks

What are Ticks?

- Spider-like bugs
- Smallest size = grain of sand
- Largest size = apple seed
- Found outside during spring, summer, & fall (especially June & July)
- They don't jump or fly.
- Ticks sit on leaves/grass and attach to humans or animals that brush up against them.
- They like to attach to the backs of knees, armpits, hair or behind the ears.
- Bites are painless and can go unnoticed.
- Ticks can spread diseases such as Lyme disease or Rocky Mountain Spotted Fever.

Prevent Ticks

on humans

- **Stay out of areas with tall grass and thick vegetation.** Walk in the center of trails to avoid contact.
- **Wear light-colored clothing** to make it easier to find ticks. Tuck pants into sock tops or boots.
- **Use bug repellants** - follow instructions carefully.
- **Check yourself, children, and pets** for ticks after spending time outside.
- **Bathe or shower after walking through ticks' habitat** to wash off ticks and help you find them more easily.

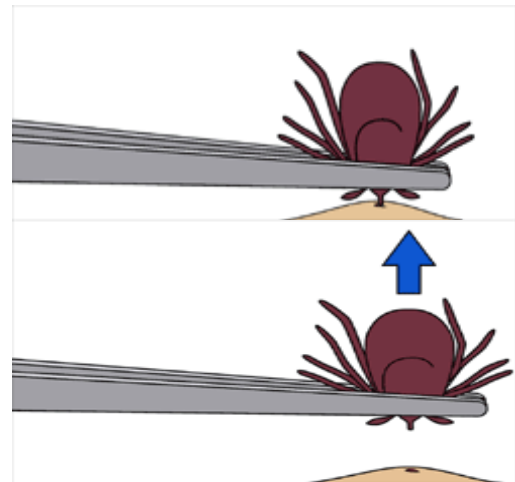
on dogs

- **Check your dog for ticks** because he can also get sick from them, or carry them into your house.
- **Mow the yard** and other places your dog or children play so ticks won't like to hang out there.
- **Check with your vet** about tick control treatments for your dog.

Remove Ticks

Remove ticks as soon as possible to reduce the chance of infection.

1. Use tweezers or shield your fingers with a paper towel. Never use bare hands.
2. Grab the tick as close to your skin as possible.
3. With steady pressure, pull straight out to remove the entire tick.
4. After tick removal, thoroughly disinfect the bite site and wash hands with hot soapy water.



- **Never jerk or twist the tick, since the mouthparts may be left in the skin.** Do not crush or puncture the tick.
- **Never use a hot match or cigarette** since the tick may burst, spilling body fluids and disease organisms on the skin.



Diseases Ticks Spread

Lyme Disease

Definition—A mild illness caused by bacteria that ticks spread to humans.

Symptoms

- Fever
- Headache
- Tiredness
- Joint pain
- Rash, especially looking like a “bull’s eye”

Treatment—If diagnosed early, Lyme disease can be completely cured with antibiotics.

Risk—The infection can spread to joints, the heart, and the nervous system if it isn’t treated.

Rocky Mountain Spotted Fever

Definition—A severe illness caused by bacteria that ticks spread to humans.

Symptoms

- Fever
- Headache
- Stomachache
- Vomiting
- Muscle pain

Treatment—Antibiotics can cure Rocky Mountain Spotted Fever if it’s treated within the first 5 days of symptoms.

Risk—The disease can damage your blood vessels, which causes bleeding and clotting in the brain or vital organs. Lack of blood flow can result in limb amputation.

Talk to your healthcare provider if you’ve been exposed to ticks and have these symptoms. To keep from getting tick-borne diseases, follow the prevention tips on the opposite page.

Tick-borne diseases & dogs

Your furry friends can also get tick-borne diseases. If they have these symptoms, check with a vet.

Lyme Disease

- Depression
- Swollen lymph nodes
- Don’t want to eat


Rocky Mountain Spotted Fever

- Depression
- Tiredness
- Blood in urine
- Irregular heartbeat

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