

Consult Your Doctor

Early symptoms may include flu-like symptoms

- such as:
- headache
 - muscle ache
 - fatigue
 - chills
 - fever
 - swollen lymph nodes.

If you become ill following a tick bite, it is important that you seek medical attention.

Erythema migrans (EM) is a common symptom of Lyme disease. An EM is an expanding rash that appears between 1-30 days after the tick bite. It expands over a 1-2 week period and disappears. It is possible to have several such rashes on different parts of the body, not just at the bite location.



Redness and pain or sensitivity at the site of the tick bite that occurs within 24 hours of the bite and does not expand is likely a local allergic reaction to the tick's saliva.

Some people infected with Lyme disease may not experience any symptoms until weeks, months or even years after they have been infected. Always consult your doctor with questions.



Western Black Legged tick
Female (L) Male (R)



Pacific Coast tick
Male (L) Female (R)

How tiny are these parasites?



The solid box above is approximately 1 cm² and dashed box is 1/2 cm². The ticks in the left picture could both easily fit into the dashed box, and the ticks on the right could fit into the solid box. The average human is covered in 15,000-20,000 cm² of skin. That's a lot of area for a tick to hide!



Stay safe in tick habitat!

For more tick and vector information, contact us at:

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Ticks

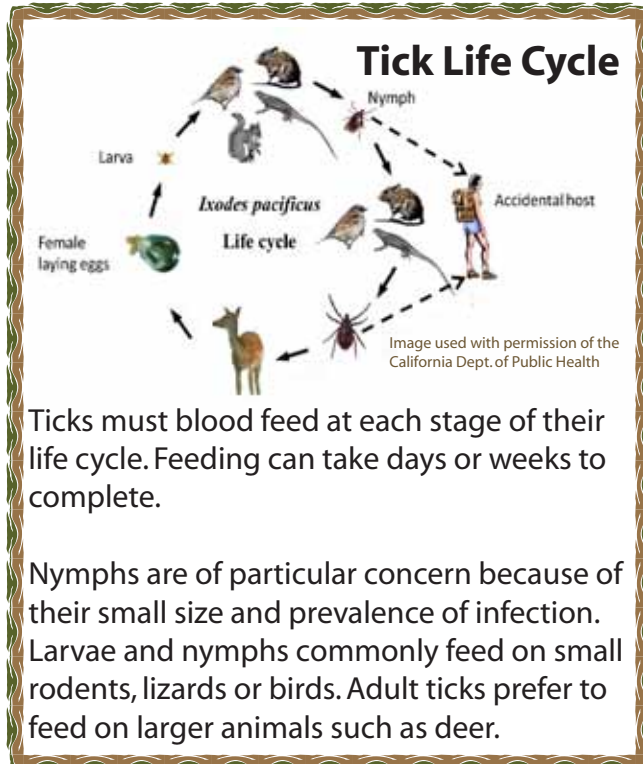


Ixodes pacificus



Ticks

Ticks are more than just pesky parasites, they can act as vectors for several disease causing agents. Tick borne diseases include: Lyme disease, Tularemia, and Rocky Mountain Spotted Fever among others.



Ticks must blood feed at each stage of their life cycle. Feeding can take days or weeks to complete.

Nymphs are of particular concern because of their small size and prevalence of infection. Larvae and nymphs commonly feed on small rodents, lizards or birds. Adult ticks prefer to feed on larger animals such as deer.

Ticks often locate hosts by 'questing'. The tick positions itself in the brush or on the end of a blade of grass waiting for a passing animal (or human). When the animal comes in contact with the brush, the tick uses its front pair of legs to cling to the animal. Once aboard the new host, the tick can locate a site to feed.



Questing tick

Prevention



So what can you do to prevent tick bites?

Avoid brushing against vegetation along the trail. Vegetation may harbor questing ticks; a hungry tick will cling to the first available host.



Wear light colored clothing. Ticks are easier to see and remove on light colored material.

Check yourself for ticks after excursions into tick habitat. Even if you think you've avoided tick habitat, it's better to be safe than bitten! Don't forget to check children and pets as well.

Use approved tick repellents such as DEET or permethrin. Always apply repellents as directed by instructions on the label.



Tuck pant legs into socks. If a tick does get on your clothing, you can prevent it from reaching your skin.



Tick Removal

Tick bites are often so painless that people don't even realize they have been bitten. If you find an attached tick it is important that you remove it correctly.



DO

- Use tweezers to grasp the tick as close to your skin as possible.
- Pull straight out using a firm steady motion.
- Wash your hands and the bite with soap and water after removal of the tick.
- Use an antiseptic at the site of the bite.

DON'T

- **Do not** use petroleum jelly, matches, or any other products to remove the tick. These are **not** effective ways to remove a tick.
- **Do not** squish an attached tick. This could make it harder to remove.
- **Do not** jerk or twist when removing a tick. The goal is to remove the whole tick.

After removal...

It may be a good idea to save the tick. If you develop symptoms or need to seek medical attention, identifying the type of tick may help diagnose a tick borne disease.