

Tick Tips

Identify, Remove, Prevent



Protect Yourself

Ticks can spread disease, including Lyme Disease.

Identify

Deer ticks may transmit agents that cause Lyme Disease. Nymphs and adult females can bite anytime temperatures are above freezing. Ticks usually need to attach for 24 hours to transmit Lyme Disease.

Deer Tick (Black Legged Tick)



Adult Female Adult Male Nymph Larva



Dog ticks do not transmit agents that cause Lyme Disease. Adult females can bite between April and August.

Dog Tick



Adult Female Adult Male Nymph Larva



Bull's Eye Rash

An expanding red rash more than 2 inches across at the site of the tick bite often appears within a few days or weeks of infection. Other symptoms include:

- Fatigue
- Muscle and joint pain
- Headache
- Fever and chills
- Facial paralysis

More tips on the back!



Tick Tips

Identify, Remove, Protect

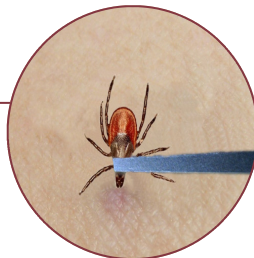
Remove

Remove ticks immediately.

Consult a doctor if you remove an engorged deer tick.

Using Tweezers

- Grasp the tick close to the skin with the tweezers
- Pull gently until the tick lets go



Using a Tick Spoon

- Place the wide part of the notch on the skin near the tick (hold skin taut if necessary)
- Apply slight pressure downward on the skin and slide the remover forward so the small part of the notch is framing the tick
- Continuous sliding motion of the remover detaches the tick



Protect

Landscape With Care

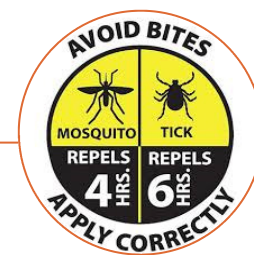
Make your property unattractive to ticks:

- Create barriers between woods and lawn with woodchips, mulch, or gravel
- Prune trees and shrubs to bring in light
- Keep grass mowed
- Move play sets away from woodland edge
- Keep rock walls and wood piles tidy
- Move bird feeders away from where you spend time

Use Repellents

Look for this graphic product label and these active ingredients:

- DEET
- Picaridin
- R353



Dress for Success

Careful clothing selection is the first line of defense against ticks. Consider:

- Light colors
- Loose fit
- Full coverage: Long pants and sleeves, closed shoes, socks
- Clothing treated with permethrin



Falmouth Conservation Commission

Source: *Maine Center for Disease Control & Prevention*