

Tick Bite Prevention FAQs

Prevent tick bites while enjoying warm weather



Why are tick bites a concern?

Through their bites, ticks can infect humans and pets with Lyme Disease, ehrlichiosis, Rocky Mountain spotted fever, tularemia and other diseases. These diseases can be mild and treated with antibiotics if found early enough, but can also become serious and lead to hospitalization in some cases.

“Typically, the seasonal peak for Lyme disease is in July,” said CCDPH Senior Medical Officer and Co-Lead, Dr. Rachel Rubin. “With 37 cases as of June 30, we will likely surpass the 5-year median of 45 cases per year.”

What can I do to avoid tick bites and the diseases they carry?

- Walk in the center of trails away from plants.
- Use an insect repellent on skin and clothing.
- Wear long pants, socks and boots.
- Tuck pants into socks.
- Shower or bathe as soon as possible after you were outdoors (to wash off and check for ticks).
- Be sure to check for ticks in your hair, underarms, and groin.
- Wash and dry your clothes in a hot dryer to kill any ticks that may be present.

How do I know if I've been bitten by a tick?

- Check for ticks on yourself, your children and pets upon returning from the outdoors and afterwards.
 - Watch for symptoms of tickborne illness, such as:
 - Body/muscle aches/joint pain
 - Fever
 - Headache
 - Fatigue
 - Rash (possibly circular or bullseye)
 - Stiff neck
 - Facial paralysis
- Contact your healthcare provider if you have any of these symptoms.

What if I find a tick? How should I remove it?

- Removing infected ticks within 24 hours reduces your risk of being infected with a tickborne disease.
- Immediately remove ticks from your body using fine-tipped tweezers.
 - Grasp the tick firmly and as close to your skin as possible. Pull the tick's body away from your skin with a steady motion.
 - Clean the area with soap and water.
 - Watch for symptoms of tickborne disease (see middle column).
 - Tell your doctor that you were outdoors in an area where ticks may have been present.

VISIT WWW.AVOIDTICKSCOOKCOUNTY.ORG FOR MORE INFORMATION



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