Checking for Ticks

Reduce your chances of getting a tick-borne disease by checking your body for ticks after being outdoors. Use a hand-held or full-length mirror to view all parts of your body.

Be sure to check these parts of your body:

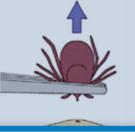
- Under the arms
- ♦ In/around the ears
- Inside belly button
- Back of the knees
- In/around the hair
- Between the legs
- Around the waist
- On the scalp

What to Do if You Find a Tick

- Using fine-tipped tweezers, grab the tick close to the skin. Do not twist or jerk the tick, as this may cause the mouthparts to break off and remain in the skin.
- 2. With a steady motion, gently pull straight up until all parts of the tick are removed.
- 3. After removing the tick, clean your skin with soap and warm water.
- Contact a healthcare provider if you develop symptoms of tick-borne disease.

Do not use petroleum jelly, hot matches, nail polish remover, or other products to remove a tick.





Where Can I Find More Information?

New Jersey Department of Health Communicable Disease Service: Vector-Borne Illness

www.nj.gov/health/cd/topics/vectorborn e.shtml

Centers for Disease Control and Prevention: Tick-Borne Disease www.cdc.gov/ticks/diseases

Centers for Disease Control and Prevention: Stop Ticks www.cdc.gov/features/stopticks

New Jersey Department of Health Communicable Disease Service PO Box 369 Trenton, NJ 08625 (609) 826-4872





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Tick-Borne DISEASES





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What are tick-borne diseases?

Tick-borne diseases are illnesses that can be spread to humans by the bite of an infected tick. The most common tick-borne diseases in New Jersey are:

- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Lyme disease
- Rocky Mountain spotted fever

How do tick-borne diseases spread?

Ticks become infected when feeding on small infected mammals such as white-footed mice and voles. An infected tick can then infect a person through a tick bite. It is possible to be infected with more than one tick-borne disease at the same time.

Disease-causing ticks in NJ

These are common ticks in New Jersey that may spread disease to humans:

- Black-legged "deer" tick (Ixodes scapularis) can transmit Lyme disease, anaplasmosis, babesiosis and Powassan disease
- American dog tick (Dermacentor variabilis) can transmit Rocky Mountain spotted fever and tularemia
- Lone star tick (Amblyomma americanum)
 can transmit ehrlichiosis and tularemia



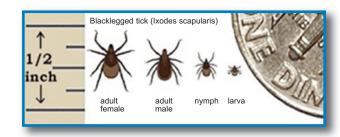
What are the symptoms of tick-borne diseases?

Early signs of tick-borne diseases can include:

- Skin rash
- Tiredness
- Fever/chills
- Headache
- Stiff neck
- Muscle aches
- Joint pain
- Dizziness

How soon after a tick bite do symptoms occur?

Lyme disease	3-30 days
Ehrlichiosis	7-14 days
Anaplasmosis	7-14 days
Rocky Mt. spotted fever	2-14 days
Babesiosis	7-63+ days



What is the treatment for tick-borne diseases?

Most tick-borne diseases (Lyme disease, ehrlichiosis, anaplasmosis, and Rocky Mountain spotted fever) are caused by bacteria and can be treated with antibiotics. Babesiosis is caused by a parasite similar to malaria, and a healthcare provider may prescribe medication. It is important to check for symptoms and talk to a healthcare provider if you've been bitten by a tick. Early treatment can be very effective.



Who gets tick-borne diseases?

Anyone who is bitten by an infected tick may get a tick-borne disease. People who spend a lot of time outdoors, especially from April to September, have a greater risk of becoming infected.

How are tick-borne diseases diagnosed?

Most tick-borne diseases are diagnosed through blood tests and by discussing symptoms with a healthcare provider.

How to Prevent Tick-Borne Diseases

- ✓ DEET ✓ Showers ✓ Tick Checks
- Know where ticks are: ticks live in or near wooded or grassy areas. Always walk in the center of trails to avoid contact with ticks.
- Keep your yard clean: mow lawns, clear brush and remove leaf litter.
- Apply insecticides: use EPA-registered repellent with DEET on skin and permethrin on clothing, boots and camping gear.
- Cover up: wear long sleeves and pants tucked into socks to prevent ticks from getting under clothes.
- Shower: showering can help find and wash off unattached ticks.
- Inspect: check your body for ticks.