

# Tick Safety



## What should I know about ticks?

Ticks are tiny but dangerous. Ticks become infected with germs by feeding on small mammals and then can infect a person by biting them. New Jersey consistently has one of the highest rates of tick-borne disease. The most common tick-borne diseases in NJ are:

- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Lyme disease
- Spotted Fever Group Rickettsiosis

## What are the symptoms of tick-borne diseases?

- Skin rash
- Flu-like symptoms
- Tiredness
- Fever
- Stiff neck
- Muscle aches
- Joint pain
- Dizziness



## How can I prevent tick bites?

- Ticks live in/near grassy or wooded areas. Stay on trails and cleared land in the sun.
- Apply EPA-registered insect repellent according to the product label instructions.
- Wear long sleeves and long pants tucked into socks. Wear light colors to spot ticks.
- Shower as soon as you get inside and dry clothes in a dryer on high heat for 10 min.
- Perform tick checks as regularly as possible, especially after being outdoors. Pay attention to hard-to-see areas such as between your legs, under your arms, and behind your ears.

## What if I find an attached tick?

- Using fine-tipped tweezers, grab the tick close to the skin and firmly pull straight up.
- Clean your skin with soap and warm water.
- Watch for symptoms of a tick-borne disease and contact your health care provider if you develop any.
- If you find a deer tick that has been attached for at least 36 hours, consult your health care provider



For more information, visit: [www.cdc.gov/ticks](http://www.cdc.gov/ticks) or [www.nj.gov/health/cd/topics/vectorborne.shtml](http://www.nj.gov/health/cd/topics/vectorborne.shtml)  
For help choosing a repellent, visit: [www.epa.gov/insect-repellents/find-repellent-right-you](http://www.epa.gov/insect-repellents/find-repellent-right-you)