

THE TICK-BORNE TIMES

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Prevent Tick Bites

Prevention is key!

While it is a good idea to take preventative measures against ticks year-round, be extra vigilant in warmer months (April through September) when ticks are most active.

Avoid Direct Contact with Ticks

Ticks love wooded and brushy areas with high grass and leaf litter. It is best to avoid these areas and walk in the center of trails.

Apply Pesticides Outdoors to Control Ticks

Use of acaricides (tick pesticides) can reduce the number of ticks in treated areas of your yard. If you have health concerns about applying acaricides, check with local health officials about the best time to apply in your area.

Also, consider using a professional pesticide company to apply pesticides at your home.

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Don't Let a Tick Make You Sick

Tick season has begun in NJ, learn what ticks are in NJ and what diseases they can cause

There are many different tick species throughout New Jersey, only a select few bite and transmit disease to humans.

Note that adult ticks are the easiest to identify and male and female ticks of the same species may look different.

Nymphal and larval ticks are very small and may be difficult to identify.

Blacklegged tick (deer tick)

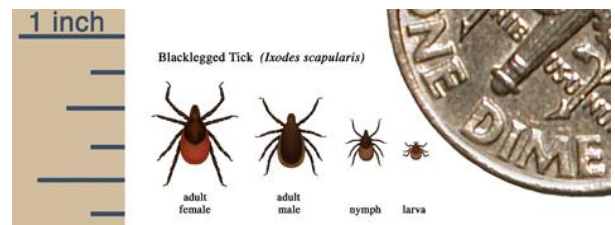
Transmits: Lyme disease, anaplasmosis, babesiosis, Powassan disease

Comments: The greatest risk of being bitten exists in spring, summer, and fall. Stages most likely to bite humans are nymphs and adult females.



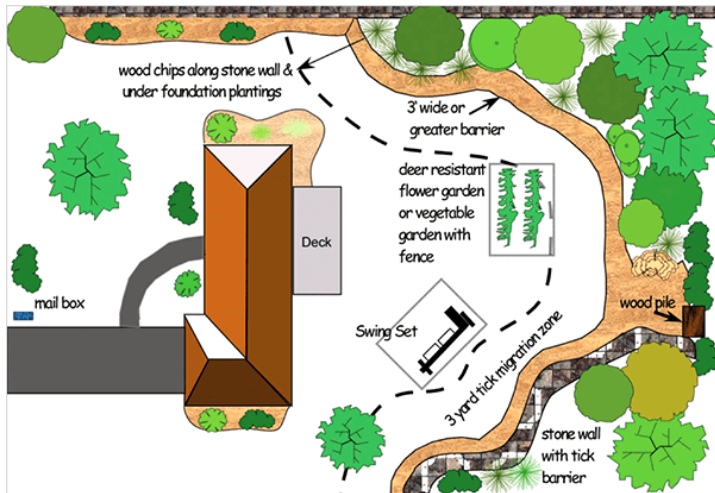
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Create a Tick-Safe Zone to Reduce Ticks in the Yard



Here are some simple landscaping techniques that can help reduce tick populations:

1. Remove leaf litter.
2. Clear tall grasses and brush around homes and at the edge of lawns.
3. Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas to restrict tick migration into recreational areas.
4. Mow the lawn frequently.
5. Stack wood neatly and in a dry area to discourage rodents.
6. Keep playground equipment, decks, and patios away from yard edges and trees.
7. Discourage unwelcome animals (such as deer, raccoons, and stray dogs) from entering your yard by constructing fences.
8. Remove old furniture, mattresses, or trash from the yard that may give ticks a place to hide.

Repel Ticks on Skin

The CDC recommends using a repellent that contains 20% or more DEET (no more than 30%), picaridin, or IR3535 on exposed skin for protection that lasts several hours. It's important to always follow the product instructions.

Parents should apply these products to their children, avoiding hands, eyes, and mouth. It's best for the adult to apply the product on their hands and then rub the product

onto the child's skin instead of spraying directly on the child.

The Environmental Protection Agency (EPA) has an online tool to help you select the repellent that is best for you and your family. You can find this tool online at <https://www.epa.gov/insect-repellents/find-insect-repellent-right-you>.

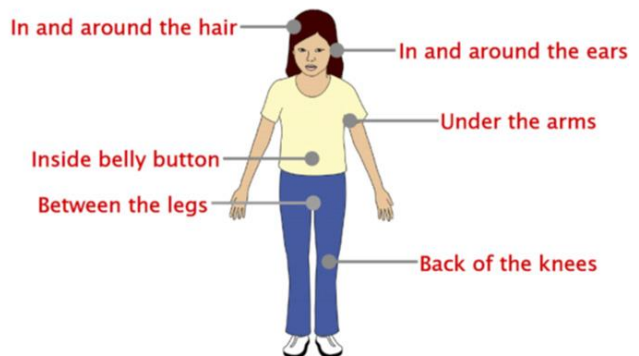
Repel Ticks on Clothing

Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks, and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is also available and may be protective longer. These clothing items can usually be found in outdoor/camping stores.

Find and Remove Ticks from Your Body

As soon as possible after coming indoors (preferably within 2 hours), bathe or shower to wash off and more easily find ticks that are crawling on you.

Conduct a full body tick check using a hand held or full length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.



Examine all gear and pets – a tick can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.

Finally tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come inside. If the clothes are wet, you may need more time and if the clothes require washing first, hot water is recommended. ❖

REMEMBER YOUR FURRY FRIENDS

Dogs are very susceptible to tick bites and tick-borne disease. Vaccines are not available for every tick-borne disease and they do not prevent your animal from bringing ticks into the house. It's important to use a tick preventive product on your dog.

To reduce the chances that a tick will transmit disease to you or your pets:

1. Check your pets for ticks daily, especially after they spend time outdoors.
2. If you find a tick on your dog, remove it right away.
3. Ask your veterinarian to conduct a tick check at each exam.
4. Reduce tick habitat in your yard (see page 2 "Create a Tick-Safe Zone to Reduce Ticks in the Yard").
5. Talk with your veterinarian about using tick preventives on your pet. NOTE: cats are extremely sensitive to a variety of chemicals. Do not apply any insect acaricides or repellents to your cats without first consulting your veterinarian.



Taken from CDC's "Preventing Ticks on Your Pets" website at https://www.cdc.gov/ticks/avoid/on_pets.html

American dog tick

Transmits: Tularemia and Rocky Mountain spotted fever

Comments: The highest risk of being bitten occurs during spring and summer. Dog ticks are sometimes called wood ticks.



Brown dog tick

Transmits: Rocky Mountain spotted fever

Comments: Dogs are the primary host for the brown dog tick but the tick may also bite humans or other mammals.



Lone star tick

Transmits: *Ehrlichia chaffeensis* and *Ehrlichia ewingii*, tularemia, and STARI

Comments: A very aggressive tick that bites humans. Lone star tick saliva can be irritating; redness and discomfort at a bite site does not necessarily indicate an infection.



Taken from CDC's "Tick" website at https://www.cdc.gov/ticks/geographic_distribution.html

SYMPTOMS OF TICK-BORNE ILLNESSES

Many tick-borne diseases have similar signs and symptoms. If you have been bitten by a tick and develop the symptoms below within a few weeks, call your health care provider immediately.

The most common symptoms of tick-related illnesses are:

- **Fever/Chills**

- **Aches and Pains** (including headache, fatigue, muscle aches). With Lyme disease you may also experience joint pain.

- **Rash:**



- In Lyme disease, the rash may appear within 3-30 days, typically before the onset of fever. The Lyme disease rash is the first sign of infection and is usually a circular rash called erythema migrans. This rash occurs in approximately 70-80% of infected persons.



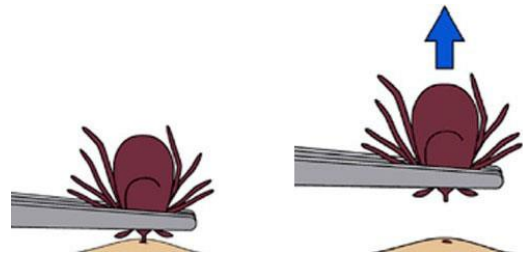
- The rash seen with Rocky Mountain spotted fever (RMSF) varies greatly from person to person in appearance, location, and time of onset. Most often, the rash begins 2-5 days after the onset of fever as small, flat, pink, non-itchy spots on the wrists, forearms, and ankles and spreads to the trunk. It sometimes involves the palms and soles. The red to purple, spotted petechial rash of RMSF is usually not seen until the sixth day or later after onset of symptoms and occurs in up to 60% of patients with the infection.

Taken from CDC's "Symptoms of Tick-borne Illness" website at <https://www.cdc.gov/ticks/symptoms.html>

How to Safely Remove a Tick

If you find a tick attached to your skin, there's no need to panic

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; if you are unable to remove the mouth easily, leave it alone and let the skin heal.



3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag, wrapping it tightly with tape, or flushing it down the toilet. Never crush a tick with your fingers.

****IMPORTANT****

Avoid folklore remedies. Never use gasoline, kerosene, petroleum jelly, fingernail polish, or matches to kill or make the tick detach from the skin. Your goal is to remove the tick as quickly as possible – not waiting for it to detach.

Taken from CDC's "Tick Removal" website at https://www.cdc.gov/ticks/removing_a_tick.html ❖

Additional Information Resources

Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/ticks/index.html>

Hunterdon County Public Health Department: <http://www.co.hunterdon.nj.us/health/lyme/tickborn.htm>

New Jersey Department of Health: http://www.nj.gov/health/cd/documents/faq/lyme_faq.pdf

http://www.state.nj.us/health/cd/documents/topics/vectorborne/tbd_brochure.pdf