

# Tick Safety

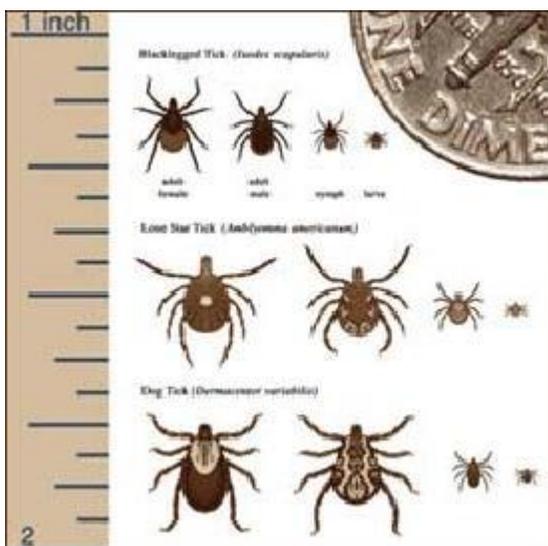
## Avoiding Tick Bites

- **Wear long sleeves, long pants and socks.**
- **Wear light-colored clothing**, which allows you to see ticks crawling on your clothing.
- **Tuck your pant legs into your socks** so that ticks cannot crawl up the inside of your pant legs.
- **To avoid ticks** when walking in wooded or grassy areas; avoid tall grass, avoid areas frequented by deer and walk in the center of trails.
- **Check your body for ticks** after being outdoors in a potentially tick-infested area, search your entire body for ticks especially places ticks hide: Under your arms, in and around your ears, inside your belly button, back of your knees, under your arms, in your hair and around your waist. Some ticks can crawl into shoes and are small enough to crawl through your socks. Examine your feet and ankles to ensure that ticks are not there.
- **Use a mirror** to view all parts of your body.
- **Check your children** for ticks.
- **Check your pets** for ticks. Use a tick collar on dogs & cats.
- **Apply insect repellent** for ticks

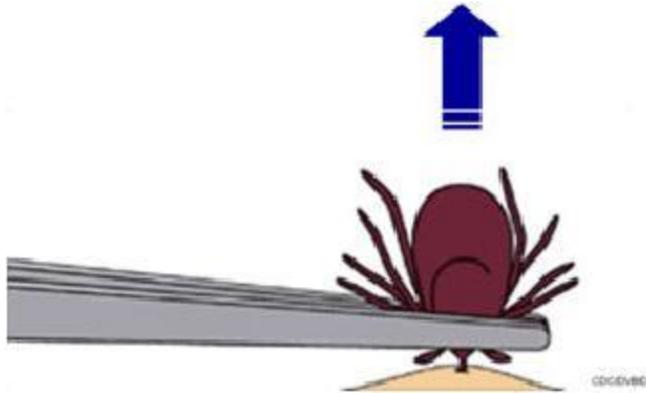
## Diseases carried by Ticks

- [Babesiosis](#)
- [Ehrlichiosis](#)
- [Lyme disease](#)
- [Rocky Mountain spotted fever](#)
- [Tularemia](#)
- Colorado tick fever

Some species and some life stages of ticks are so small that they can be difficult to see.



The best way to remove an attached tick is to grasp the tick close to the skin with tweezers and pull it straight away from the skin.



### Q & A on Lyme Disease

What are the symptoms of Lyme Disease?

Lyme disease is caused by the bacteria *Borrellia burgdorferi*. Symptoms of Lyme Disease include flu-like symptoms such as: fever, headache, fatigue; as well as, a "bull's eye" rash around the tick bite.

I have a tick bite. Will I get Lyme Disease?

If a tick that is infected with Lyme Disease is removed within 24 hours it is unlikely the disease was transmitted to you. The longer a tick feeds the more likely it will transmit the bacteria to you. Remove ticks promptly.

Should a doctor check me for Lyme Disease?

If you have symptoms and/or a "bull's eye" rash you should seek medical attention. The blood test may result in a false negative for Lyme Disease in the first few weeks after infection. It may take several weeks before the test detects Lyme Disease.

What is the treatment for Lyme Disease?

Most cases of Lyme Disease can be treated successfully with a few weeks of antibiotics. If left untreated the disease can spread to joints, the heart and the nervous system and become very hard to eradicate.

What is Rocky Mountain Spotted Fever?

Rocky Mountain Spotted Fever (RMSF) is caused by a bacterium (*rickettsiae*). Symptoms of RMSF are similar to Lyme Disease except the rash appears on the soles of the feet or palms of the hands and spreads to the rest of the body. Prompt treatment by your doctor is important. RMSF is a rare, but serious illness. Early and effective antibiotic treatment by your doctor can be lifesaving.