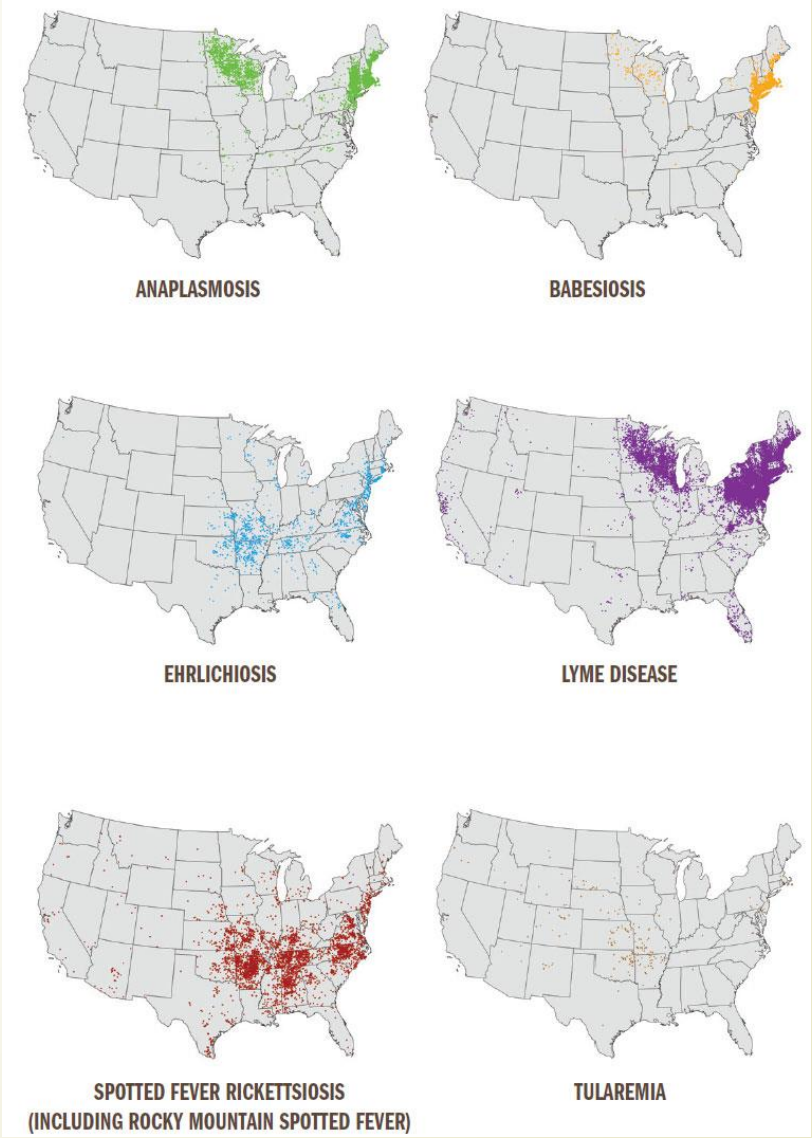
Don't Let a Tick Make You Sick

How to Stay Safe in a Tick's World

Why should I care about ticks?

- New Jersey consistently has one of the **highest rates of tick-borne diseases** in the US including:
  - Anaplasmosis
  - Babesiosis
  - Ehrlichiosis
  - Lyme disease
  - Rocky Mountain spotted fever
- Ticks are tiny but dangerous
- In 2018 NJ had over 4,200 cases of tick-borne diseases



The Lowdown on Ticks

- Ticks start out about the size of a poppy seed.
- They feed on blood when transitioning from the nymph stage to the adult stage.
- They live in **long grass and brushy areas** especially away from the sun.
- Most diseases, including **Lyme disease**, can be spread **36-48 hours** after being bitten by an infected tick.

Image: https://tickencounter.org/

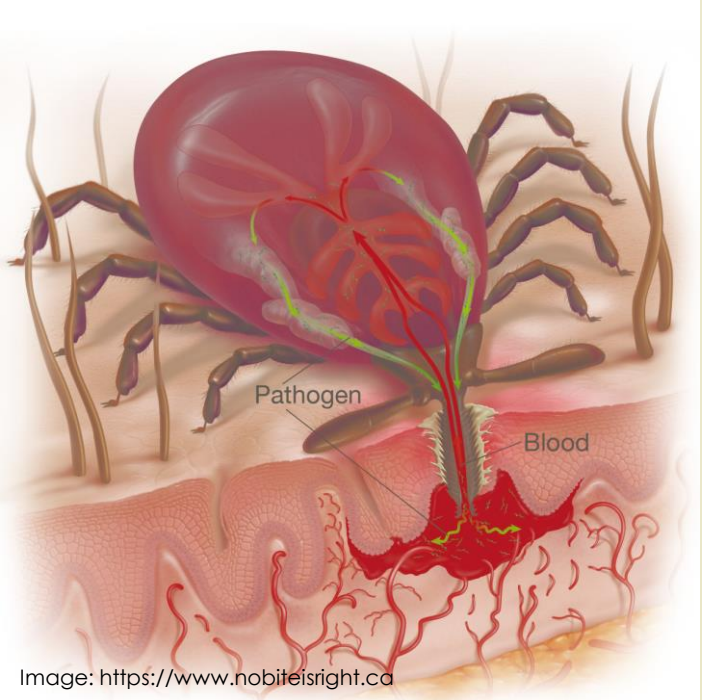
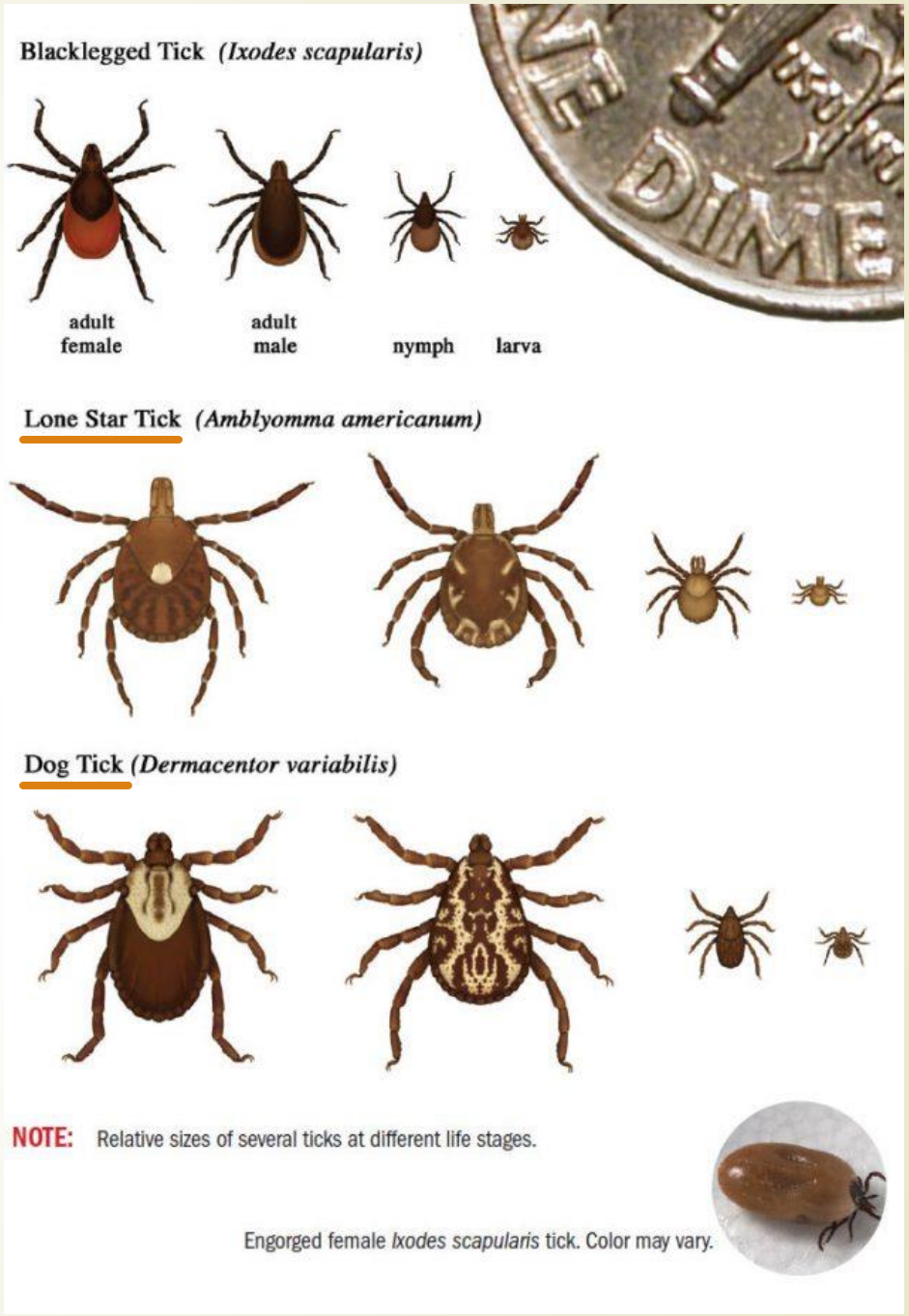
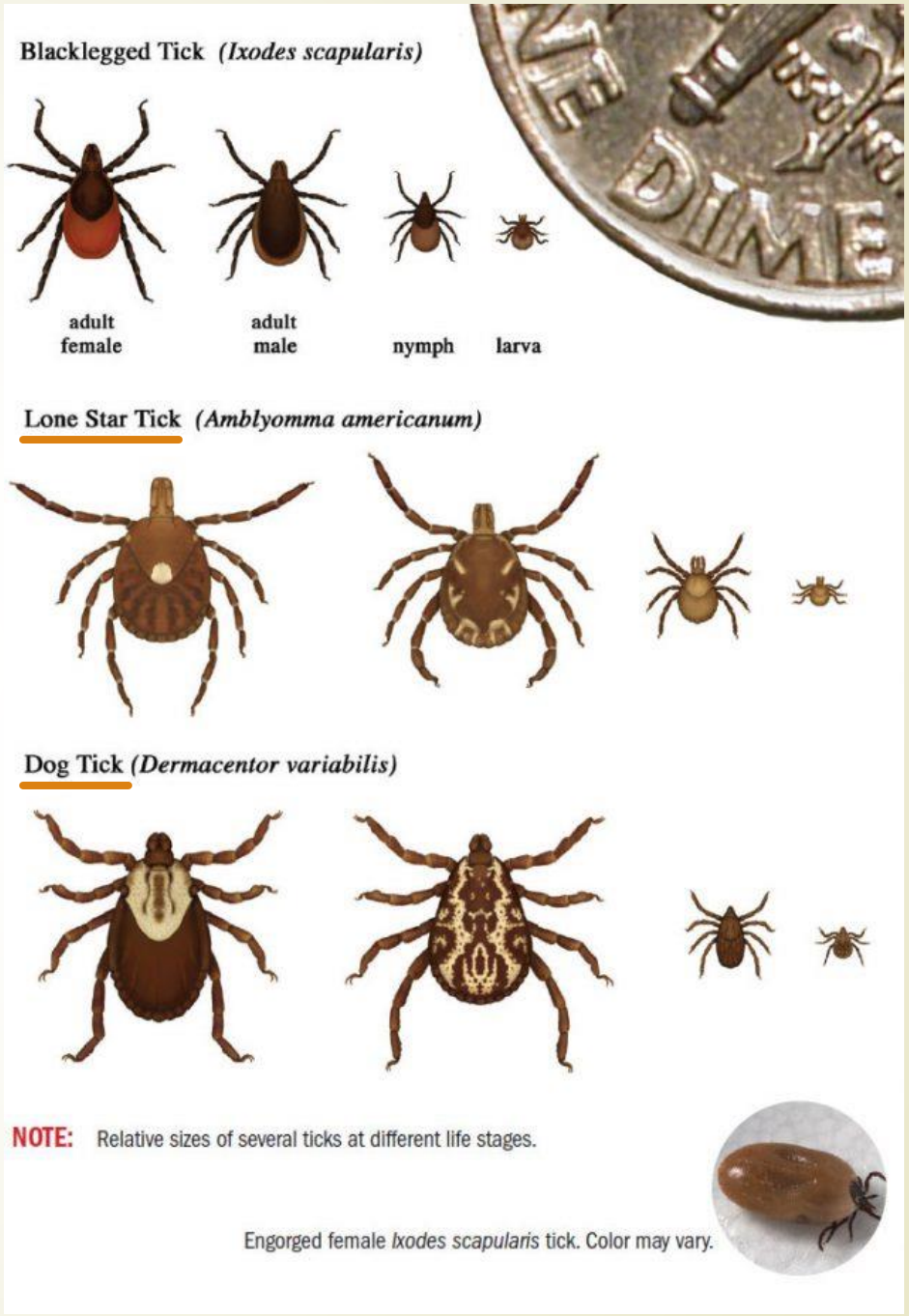


Image: https://www.nobiteisright.ca

Blacklegged (deer) ticks are the ticks that transmit Lyme disease in New Jersey… but there are others!



Blacklegged (deer) ticks are the ticks can also transmit Powassan virus.



Asian longhorned tick

The Philadelphia Inquirer

Tenacious invasive tick survived winter in N.J. Experts are worried

The Washington Post

Health

New tick species capable of transmitting deadly disease is spreading in the U.S.

Health & Fitness

Patch.com

Rare, Dangerous Tick Species Now Confirmed In 7 NJ Counties

The Weather Channel

Invasive Tick Species That Can Suck An Animal Dry Has Spread to 7 U.S. States

Image: Tadhgh Rainey

Image: CDC

Symptoms of tick-borne diseases

- Early signs (usually 2-30 days after infection) can include:
  - Skin rash
  - Flu-like symptoms
  - Fever
  - Fatigue
  - Headache
  - Muscle aches
  - Joint pain
  - Dizziness
- Additional symptoms:
  - Facial weakness
  - Allergy to red meat?

Image: www.bbc.com

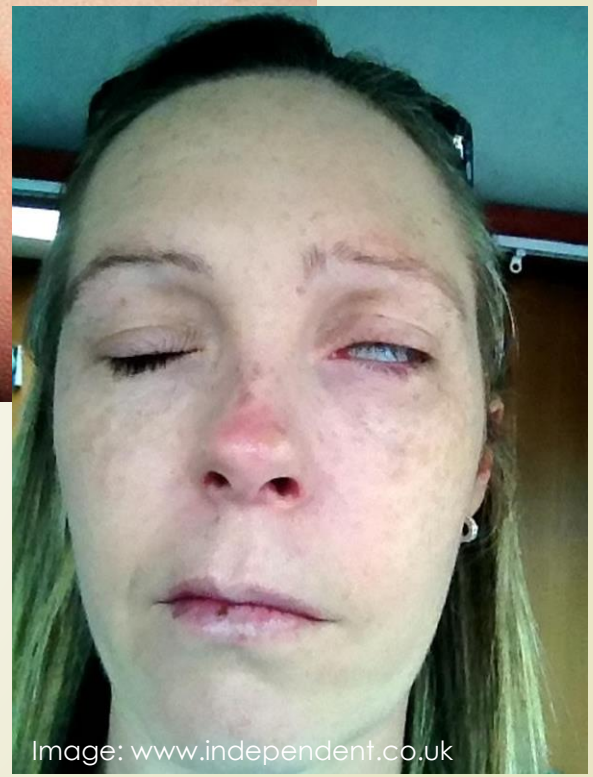


Image: www.independent.co.uk

Image: Sean Dreilinger via flickr.com

How can I prevent tick-borne disease?

- Don't let a tick bite you!
- Some strategies to prevent bites:
  - Use an EPA-registered **insect repellent** according to product label instructions and permethrin on clothes.
  - Wear light-colored **long pants** and sleeves and **tuck pants into socks.**
  - Stay on **paths** and away from the woods when outside.
  - **Shower** as soon as you get inside and **dry clothes on high heat** for 10 minutes.

Tick Checks

- Try to perform tick checks **regularly**, especially after you've been outside.
- Ticks love to hide in **hard-to-see areas** so be sure to check the places shown in the photo.
- Watch out: ticks can easily be mistaken for freckles, so look and feel for **bumps**!

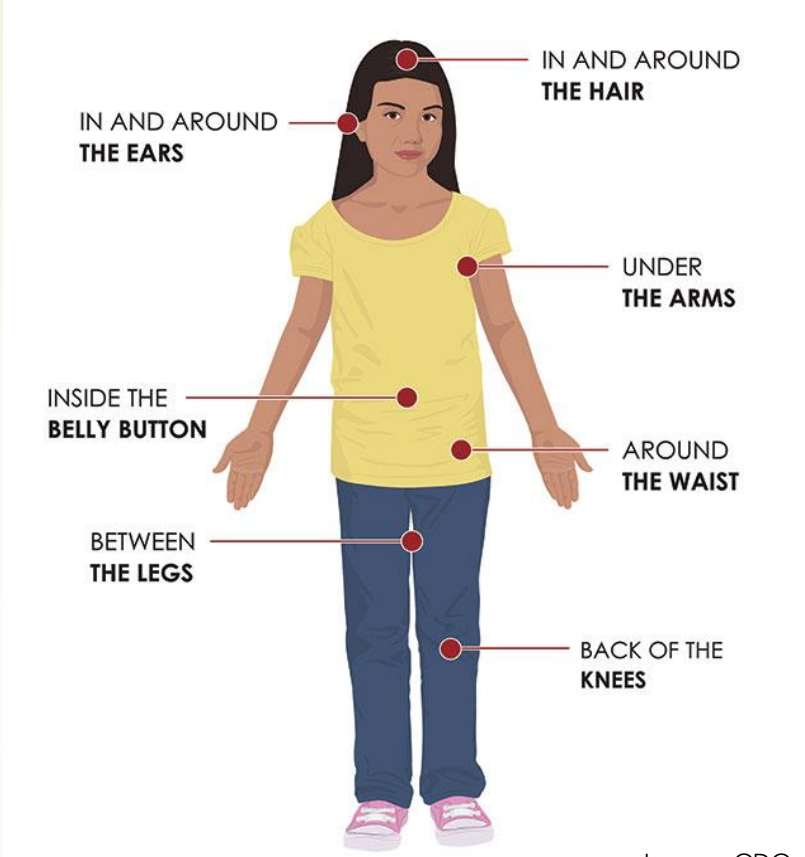


Image: CDC

Image: Wikimedia

What if I find an attached tick?

- You may want to find a trusted adult to help you remove the tick.
- Your goal is to remove the whole tick (including its head) and avoid squishing the blood and germs into your skin.

1) Use fine-tipped tweezers to grip the tick as close to the skin as possible.
2) Pull straight upwards firmly.
3) Wash the bite area with warm water and soap.

For the next few weeks, pay close attention to any symptoms that may arise. Contact your healthcare provider if you notice any.

Image: Wikimedia

Don't let a TICK Make you SICK!

Thanks to Andrea M. Egizi from Monmouth County

Time to test your knowledge!

http://bit.ly/tickquiz