

No Ticks for ME!

Tick Take Home Facts



Tick Identification



Deer Tick

- Dark scutum (shield behind head)
- More common spring/fall
- Can carry germs/pathogens that cause disease: Lyme disease, anaplasmosis, babesiosis, *Borrelia miyamotoi*, and Powassan



Dog Tick

- White design on scutum (like racing stripes)
- More common in summer
- Not known to cause disease in Maine

Habitat and Travel

Where do ticks live?

- In forested or bushy areas with lots of leaf litter
- Ticks will dehydrate and die in open, dry habitats

How do ticks move?

- Ticks cannot jump or fly
- Grab on as a host walks by and crawl to find a place to bite.

Tickborne Diseases

What diseases are deer ticks known for?

- Lyme disease, anaplasmosis, babesiosis, *Borrelia miyamotoi*, and Powassan.

What are the symptoms of Lyme disease?

- Bulls-eye rash
- Muscle and joint pain
- Fatigue
- Chills, fever, and headache

Prevention



Wear light colored, long-sleeved clothing. Tuck your pants into your socks.



Use an EPA-approved repellent on skin (DEET, picaridin, IR3535, oil of lemon eucalyptus) and clothing (permethrin)



Do daily tick checks, paying attention to head, hairline, neck, armpits, waist, between legs, back of knees



Put clothes in hot dryer for 10 minutes before washing to kill ticks

What if I find a tick on me?

- Use tweezers or a tick spoon to pull the tick gently out of your skin
- Put tick in sealed container of rubbing alcohol to kill it

For more information:

Maine CDC disease reporting and consultation line: 1-800-821-5821
Maine CDC Vectorborne Disease Website: www.maine.gov/dhhs/vectorborne
Maine CDC Disease Reporting Email: Disease.reporting@maine.gov
Maine Medical Center Research Institute Website: www.mmcri.org/lyme
UMaine Cooperative Extension Tick ID Lab Website: extension.umaine.edu/ticks/submit/