

## TICK TAKE HOME FACTS

### Tick identification: *What do ticks look like?*



<u>Deer Tick</u>	<u>Dog Tick</u>
<ul style="list-style-type: none"> <li>• Dark scutum (dot/shield behind the head)</li> <li>• More common in spring/fall</li> <li>• <b><i>Carries Lyme disease</i></b></li> </ul>	<ul style="list-style-type: none"> <li>• White scutum (looks like racing stripes)</li> <li>• More common in summer</li> </ul>

### Habitat and Travel: *Where do ticks live? How do they travel?*

- Prefer leafy, tree or bush covered areas
- Ticks dislike sunny, dry places because they can dry out, so open and dry habitats will reduce the number of ticks
- Ticks cannot jump or fly; ticks grab onto people, clothing, and fur as they walk by and then crawl until they find a feeding area on the skin

### Diseases carried by ticks: *Can ticks carry diseases?*

Yes, ticks carry diseases. The most common tick-borne diseases in Maine are:

- Lyme disease
  - Most common in Maine
- Anaplasmosis
  - 2<sup>nd</sup> most common in Maine
- Babesiosis
  - Emerging in Maine

### Symptoms of Lyme disease: *How will I know if I have Lyme disease?*

Not all people exhibit these symptoms. If you do experience these symptoms, see a medical provider.

- Erythema migrans (“bull’s-eye” rash)
- Muscle and joint pain
- Fatigue
- Chills, fever, and headache
- Swollen lymph nodes

### Tick Removal: *What if I find a tick on me?*

- Scoop off using tick spoon or use tweezers to grasp tick as close to skin as possible and pull *gently* without twisting
- Put tick in a sealed container of rubbing alcohol to kill it and preserve it in case it needs to be tested

**Prevention: *How do I protect myself?***

1. Wear protective clothing—long sleeves, long pants, tuck pants into socks, light-colored clothing so you can see ticks more easily
2. Use EPA-approved repellents
  - On skin: DEET, oil of lemon eucalyptus, IR3535, picaridin
  - On clothing: permethrin
3. Use caution in tick-infested areas—remove brush and don't encourage deer
4. Perform daily tick checks. Pay special attention to: head, hairline, neck, armpits, waist, between legs, backs of knees
5. De-tick clothes by throwing everything into a hot dryer for 10 minutes, even before washing. Simply washing clothes won't kill a tick.
6. Check pets for ticks, too!

**For more information:**

- Maine CDC disease reporting and consultation line: 1-800-821-5821
- Maine CDC Vector-Borne Disease Website:  
[www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/index.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/index.shtml)
  - [Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)
- Maine Medical Center Research Institute - Vector-Borne Disease Lab: 207-396-8246
- Maine Medical Center Research Institute Website: [www.mmcri.org/lyme](http://www.mmcri.org/lyme)