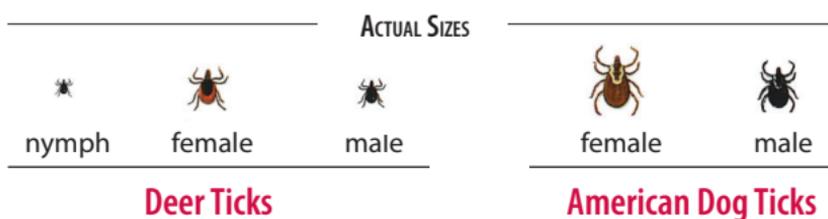


# ONE BITE CAN CHANGE YOUR LIFE

## TICK-BORNE DISEASES ARE PREVENTABLE

The Blacklegged Tick, also called Deer Tick, is abundant throughout Massachusetts. They can carry the organisms that cause Lyme disease, Babesiosis, and Anaplasmosis. All three diseases are on the rise. While tick-borne illnesses can be very serious if untreated, they are **completely preventable**.



The American Dog Tick is also common in Massachusetts. Dog Ticks do not transmit Lyme, Babesiosis or Anaplasmosis, but can cause illnesses such as Tularemia and Rocky Mountain Spotted Fever.

### Understand Your Risk

#### **Nymph Stage Deer Ticks**

- Are active from early May through early August
- Are about the size of a poppy seed
- Have a bite that is difficult to feel
- Carry the highest risk, and are responsible for, the majority of tick-borne diseases

 **About 1 in 4 nymph stage Deer Ticks carry Lyme disease.**

#### **Adult Stage Deer Ticks**

- Are active from September through May
- Are larger and easier to detect

 **About 1 in 2 adult stage Deer Ticks carry Lyme disease.**

**The risk of getting a tick-borne disease is year round.**



## More Tick Facts

- Typical Deer Tick habitat is wooded. Ticks can be found on leaf litter or low vegetation.
- Ticks cannot jump or fly. They attach to people, pets, or other animals that brush up against them.
- Nymph stage ticks are mostly at ground level. Adult stage ticks can be found from ground level up to a height of several feet on plants.
- Once ticks attach to your shoes, socks, or pant leg, they typically crawl up, looking for a place to feed.

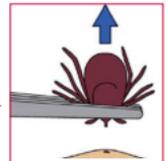
## Tick Bite Prevention

- Following an activity, inspect yourself carefully; take a shower; put clothing in a hot dryer for twenty minutes.
- Wearing light-colored clothing makes it easier to see ticks.
- Tuck pant cuffs into socks.
- Consider repellents; read and follow all label instructions. There are two types:
  1. Products containing DEET can be used on skin.
  2. Products containing Permethrin can be used on clothing, not skin. Use Permethrin to treat clothing (active through six washings), or purchase pre-treated clothing (active through seventy washings).

## Tick Removal

### **REMOVE TICK IMMEDIATELY and CORRECTLY**

- Using **pointy tweezers**, grasp tick around the head (as shown) and pull straight up. Avoid twisting.
- **DO NOT USE:** matches, cigarettes, petroleum jelly, gasoline, nail polish remover, etc.
- After removing tick, apply antiseptic to bite area.
- Note date when tick was removed.
- Save tick for identification.



## Tick Testing

**UMASS Extension Tick Assessment Lab : [www.umass.edu/tick](http://www.umass.edu/tick)**

- For a fee, UMASS Extension will test the tick for all three diseases.
- Report all information to your doctor.

## Useful Resources

- Cape Cod Cooperative Extension: [www.capecodextension.org](http://www.capecodextension.org)
- MA Department of Public Health: [www.mass.gov/dph](http://www.mass.gov/dph)
- Centers for Disease Control: [www.cdc.gov](http://www.cdc.gov)
- University of Rhode Island: [www.tickcounter.org](http://www.tickcounter.org)
- Barnstable County Department of Health and Environment : [www.barnstablecountyhealth.org](http://www.barnstablecountyhealth.org)

