

GET OUTDOORS PA

Keep ticks in check while you enjoy nature!

Be Prepared and Proactive.



Ticks acquire Lyme and other tick-borne diseases (TBDs) from infected animals and pass them along to humans and animals.

THE TICK:

What You Need to Know



Ticks are tiny arachnids that cannot jump or fly.



Ticks dwell in grass, leaf matter and wood; they latch onto your feet or lower legs, crawling upwards on your body, seeking warm, dark areas to attach.

When hiking, stay in the **MIDDLE** of the path.

Did You Know?

- ◆ Pennsylvania is #1 in confirmed Lyme disease cases.
- ◆ Ticks and risk of Lyme exist in every PA county.
- ◆ When caught early, Lyme can be treated more easily.
- ◆ Lyme and other tick-borne diseases can be serious but also preventable by avoiding high risk tick habitat areas; wearing the proper clothing and repellent; carefully examining yourself and your pets; and properly removing ticks, if found.
- ◆ A study found people wearing permethrin-treated sneakers and socks were 74 times less likely to have a tick bite.

Common Ticks in PA

Blacklegged "Deer" Tick



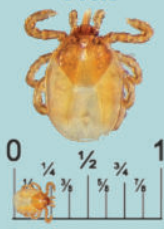
This tick is often found on deer. It can feed on humans throughout its life-cycle.

American Dog Tick



This is the most commonly found tick in PA and feeds on most mammals.

Groundhog Tick



Feeds mostly on groundhogs but also on birds, small mammals and humans.

Lone Star Tick



Has a distinctive white dot and can be found on various animals, including humans.

These ticks can carry more than Lyme disease.

Please visit palyme.org to learn more about all tick-borne illnesses and accompanying symptoms—this is helpful information to have if you need to seek medical attention due to a tick bite.

TICK PREVENTION:

Avoid direct contact with ticks.

STAY ALERT: Ticks like to dwell in tall vegetation and grass along the edges of woods and paths. They crawl to the top of grass, waiting to attach when you brush by.

PROPER CLOTHING



Wear light clothing, long pants and shirt, socks and suitable footwear. Consider treating shoes and clothing with permethrin.

SPRAY SKIN



Apply insect repellents*

* Both conventional and botanical-based pesticides are recommended (CDC, EPA approved): DEET, Picaridin, oil of eucalyptus. Protection times vary widely—read your labels.

BODY CHECK



Thoroughly check body and shower immediately. Place clothes in high-heat dryer for 30 minutes. Routinely examine your pets as well.

SEEK MEDICAL ATTENTION

- if unable to remove an attached tick;
- if flu-like symptoms or rash develop between 1-30 days after infection (a bulls-eye or other rash may appear anywhere on the body);
- if you are pregnant or nursing and have been exposed to ticks; and
- if you feel very tired or have joint pain (especially redness and swelling), irregular heartbeats, severe headache or neck pain after possible exposure to ticks.



TICK REMOVAL:

Remove immediately!

1 With tick tool or tweezers, grasp tick as close to skin as possible.



2 Gently pull up slowly. Wait for tick to release. Do not twist.



3 Clean hands and bite area with soap and water or antiseptic.



4 Tape tick to index card (note date) and store in sealed bag in freezer for 2-3 months. If symptoms develop, see doctor. Consider testing tick (see palyme.org). Otherwise, discard.



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