

Tick Safety and Prevention

Adapted from [cdc.gov/ticks](https://www.cdc.gov/ticks)



TickTalk

Key Facts and How Ticks Spread

- ✦ **Pathogens:** Ticks spread bacteria, viruses, and parasites that cause human disease.
- ✦ **Questing:** Ticks cannot fly or jump. They wait on grass/shrub tips with outstretched legs and latch onto passing hosts.
- ✦ **Feeding Process:** A tick inserts a barbed feeding tube, secretes an anesthetic so you don't feel it, and feeds on blood for hours to days.

Symptom Checklist

- **Fever/chills.** All tickborne diseases can cause fever.
- **Aches and pains.** Tickborne diseases can cause headache, fatigue, and muscle aches. People with Lyme disease may also have joint pain.
- **Rash.** Lyme disease, Southern tick-associated rash illness (STARI), Rocky Mountain spotted fever (RMSF), ehrlichiosis, and tularemia can cause distinctive rashes.

Many tickborne diseases can have similar signs and symptoms. If you get a tick bite and develop the symptoms listed within a few weeks, see your healthcare provider.



Tick Removal

- **Grasp:** Use fine-tipped tweezers to grasp the tick as close to the skin surface as possible.
- **Pull:** Pull upward with steady, even pressure. Do NOT twist or jerk.
- **Clean:** Clean the bite area and hands with rubbing alcohol or soap and water.
- **Dispose:** Submerge in alcohol, place in a sealed bag, or flush down the toilet. Never crush with fingers.

***Check out "How to Remove a Tick" handout**

When Seeing Your Doctor: Inform them of your bite history, date of exposure, and geographic location. Treatment decisions depend on your symptoms and region.

Prevention Checklist

- Treat clothing & gear with 0.5% Permethrin.
- Use EPA-registered repellents (DEET, Picaridin, or Oil of Lemon Eucalyptus).
- Wear long sleeves and tuck pants into socks.
- Avoid tall grass, brush, and leaf litter.
- Check clothing & pets for ticks immediately after returning inside.
- Shower within 2 hours of coming indoors.
- Perform full-body tick checks (check underarms, ears, belly button, back of knees, hair).

Common Diseases

- Lyme Disease
- Anaplasmosis
- Rocky Mountain Spotted Fever
- Babesiosis
- Ehrlichiosis
- Alpha-gal Syndrome
- Powassan Virus
- STARI / Tularemia

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FOR AGRICULTURAL HEALTH AND INJURY PREVENTION

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