TICK TAKE HOME FACTS





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

 

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| Deer Tick* Dark scutum (dot/shield behind the head)
* More common in spring/fall
* ***Can carry pathogens that can cause Lyme disease, anaplasmosis, babesiosis and Powassan***
 | Dog Tick* White scutum (looks like racing stripes)
* More common in summer
* Not known to cause disease in Maine
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**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: *Can ticks cause diseases?***

Yes, ticks cause diseases. The most common tickborne diseases in Maine are:

1. Lyme disease
2. Anaplasmosis
3. Babesiosis
4. Powassan

**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, contact 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
1. Use caution in tick-infested areas—remove brush and don’t encourage deer
2. Perform daily tick checks. Pay special attention to: head, hairline, neck, armpits, waist, between legs, backs of knees
3. Remove ticks from clothes by throwing everything into a hot dryer for ten minutes, even before washing. Simply washing clothes won’t kill a tick.
4. Check pets for ticks, too!

**For more information:**

* Maine CDC disease reporting and consultation line: 1-800-821-5821
* Maine CDC Vectorborne 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
* 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)
* UMaine Cooperative Extension Tick ID Lab: 207-581-3880 Website: [www.extension.umaine.edu/ipm/tickid/](http://www.extension.umaine.edu/ipm/tickid/)