

Protect Yourself

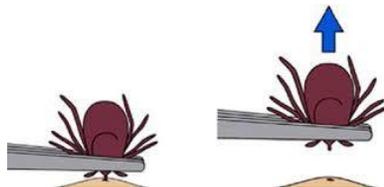
Apply repellent to exposed skin before going outdoors. Repellents tested and approved for tick repellency can be found online at

<http://pi.ace.orst.edu/repellents/>.

Wear protective clothing: long sleeves and pants, socks and shoes. Consider permethrin-treated clothing or gaiters when going into tick-infested areas.

Check yourself and children thoroughly for ticks after being outdoors. Look and feel under the arms, in and around ears and hair, inside belly button, behind knees, at the groin, buttocks, and waist. Deer ticks can be as small as a poppy seed so look and feel for a small bump.

To remove an attached tick use fine-tipped tweezers or tick removal tool to grasp the tick as close to the skin as possible. Gently lift it with even pressure. Avoid squeezing or twisting the tick. Do not use petroleum jelly, heat or other 'remedies' as these can increase the risk of disease transmission. Clean the bite and your hands with soap and water. **To have the tick identified** put it in a small leak-proof container with just enough rubbing alcohol to cover the specimen. Wrap the container in a paper towel and place it all inside a zipper-locking plastic bag. Mail to the UMaine Extension Tick ID Lab, 491 College Avenue, Orono, ME 04473.



More Information

Additional resources:

Maine Center for Disease Control and Prevention

<http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/lyme/tick-prevention.shtml>

Maine Medical Center Research Institute

<https://mmcri.org/>

University of Maine Cooperative Extension Tick Identification Lab

<https://extension.umaine.edu/ipm/tickid/>

Maine School IPM Program

<http://www.maine.gov/schoolipm>

Maine Board of Pesticides Control

www.Thinkfirstspraylast.org, 207-287-2731

Repellent Locator (National Pesticide Information Center): <http://pi.ace.orst.edu/repellents/>

US Centers for Disease Control

<https://www.cdc.gov/ticks/index.html>



Contact Us

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Web: www.maine.gov/schoolipm



MAINE SCHOOL IPM PROGRAM

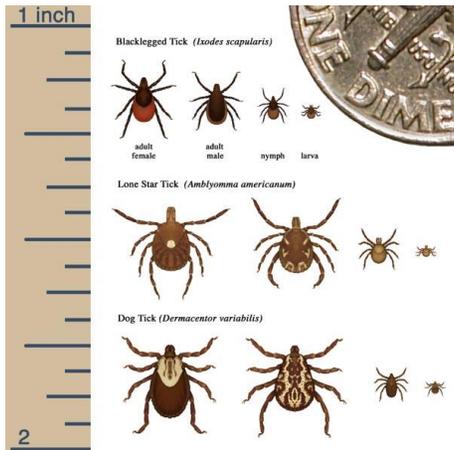
Maine Department of Agriculture, Conservation and Forestry, 28 State House Station, Augusta, ME 04333



TICKS: MANAGEMENT AND MONITORING AT SCHOOL

*Maine Department of
Agriculture, Conservation and
Forestry*

Tick Identification



Monitoring

Monitoring is the key to identifying which species of ticks are present, how many, which life stages, and where they are. This information is critical to managing them and reducing risk to people. The most effective and cost efficient method is tick 'dragging'. Attach a 3'x3' white cloth to a wooden dowel; heavy flannel or corduroy works best. Tie twine to the dowel for a handle. The flag can then be dragged over the ground and low vegetation to collect ticks. Ticks will latch onto the cloth, allowing you to collect and identify them. Keep records to document the number of each species and dates of ticks collected at each location.

Management

Reduce Tick Habitat and Shade: Ticks, deer ticks especially, thrive in shady, humid conditions. Remove leaf litter on woodland trails and at the interface of woods and play areas. Keep grass mown. Maintain and prune shrubs, trees and flower beds to reduce shade and rodent harborage. Brush-hog and weed-whack where needed.

Discourage Rodents: Keep foundations in good repair. Seal gaps in and under buildings, sheds and stone walls. Eliminate grassy, brushy, and shrubby areas and brush piles that harbor rodents.

No Hitchhikers Allowed: Ticks hitchhike on birds, deer, dogs and other animals. Install fencing to exclude deer. Adopt a 'no dogs' policy. Keep trash receptacles covered, clean and well-maintained so animals won't come looking for food waste. Keep bird-feeders off school grounds.

Keep People Away from Ticks: Move swing sets and sand boxes away from the woodland edge. Use signage and barriers to keep people away from tick-infested areas. Clear and widen woodland trails. Create a 3-foot or wider wood chip, mulch, or gravel pathway between the edge of the lawn and woods.

Educate: Emphasize to staff and families about proper personal protection such as using repellents, wearing light-colored long sleeves and long pants, avoiding tick habitat, and performing tick checks.

Pesticides: can only be applied at schools, parks and properties open to the public by a licensed applicator. Timing: one late spring application (late May-early June in most Maine locations) to target deer tick nymphs, at the wooded property perimeter. A second application in fall to kill adult deer ticks may also be needed. Pesticides not generally recommended for dog ticks.

Deer Tick

Deer ticks (see top row of image above), also known as black legged ticks, can be identified by a dark brownish-black 'shield' behind the head. Adult females are reddish brown. Nymphs (which also bite and transmit disease) and adult males (top right) are smaller and darker. Deer ticks are known transmitter of Lyme and many other diseases such as Powassan virus, ehrlichiosis and babesiosis. Deer ticks are found in shady, moist areas such as at the edge of woods, shady gardens and along wooded trails.

American Dog Tick

Adult American dog ticks (bottom row of image) are larger than deer ticks and can be identified by white markings on the shield and body. Dog ticks are found in more open sunnier areas, such as medium-height grass and the wood chips under playground equipment. Disease risk posed by the dog tick is low in Maine.



Top: Deer Tick.
Adult female (L) and male (R)
Bottom: American Dog Tick.
Adult female (L) and male (R)

