Tick Take Home Facts

Tick Identification

Deer Tick
- Dark scutum (shield behind head)
- More common spring/fall
- Can carry germs/pathogens that cause disease: Lyme disease, anaplasmosis, babesiosis, Borrelia miyamotoi, and Powassan

Dog Tick
- White design on scutum (like racing stripes)
- More common in summer
- Not known to cause disease in Maine

Habitat and Travel

Where do ticks live?
- In forested or bushy areas with lots of leaf litter
- Ticks will dehydrate and die in open, dry habitats

How do ticks move?
- Ticks cannot jump or fly
- Grab on as a host walks by and crawl to find a place to bite.

Tickborne Diseases

What diseases are deer ticks known for?
- Lyme disease, anaplasmosis, babesiosis, Borrelia miyamotoi, and Powassan.

What are the symptoms of Lyme disease?
- Bulls-eye rash
- Muscle and joint pain
- Fatigue
- Chills, fever, and headache

Prevention

- Wear light colored, long-sleeved clothing.
- Tuck your pants into your socks.
- Use an EPA-approved repellent on skin (DEET, picaridin, IR3535, oil of lemon eucalyptus) and clothing (permethrin)
- Do daily tick checks, paying attention to head, hairline, neck, armpits, waist, between legs, back of knees
- Put clothes in hot dryer for 10 minutes before washing to kill ticks

What if I find a tick on me?
- Use tweezers or a tick spoon to pull the tick gently out of your skin
- Put tick in sealed container of rubbing alcohol to kill it

For more information:
Maine CDC disease reporting and consultation line: 1-800-821-5821
Maine CDC Vectorborne Disease Website: www.maine.gov/dhhs/vectorborne
Maine CDC Disease Reporting Email: Disease.reporting@maine.gov
Maine Medical Center Research Institute Website: www.mmcri.org/lyme
UMaine Cooperative Extension Tick ID Lab Website: extension.umaine.edu/ticks/submit/