

Remove Ticks Properly

- Grasp the tick close to the skin with tweezers.
- Pull gently until the tick lets go.
- Other methods such as vaseline, alcohol, and nail polish remover are **not** effective!
- Consult a physician if you remove an engorged deer tick.



Remove ticks promptly! Ticks usually need to attach for 36 hours to transmit Lyme disease. Ticks attach at body folds, behind the ears, and in the hair.



To protect pets, use repellents, acaricides, and for dogs, a Lyme disease vaccine.

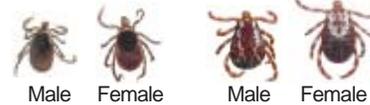
Produced by the Maine Medical Center Research Institute and the Maine Center for Disease Control and Prevention, Department of Health and Human Services.

March 2008

KNOW YOUR TICKS!!!

Adult Deer Ticks
(Enlarged image)

Adult Dog Ticks
(Enlarged image)



The **Deer Tick** transmits Lyme disease in New England. Nymphal ticks, active from about **May through July**, are mostly responsible for human cases of Lyme disease. Adult ticks, also able to transmit infection, are active **October - December** and again **April - June**.

The Actual Size of Deer Ticks

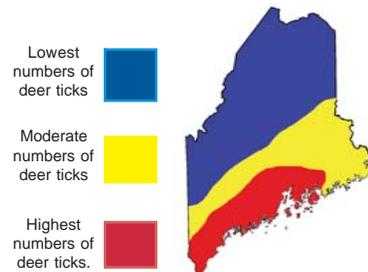
Nymph (1/32"-1/16")	Adult (1/8")	Engorged Female (up to 1/2")
		
May - July	April - June Oct. - Dec.	



In Maine, dog ticks (actual size shown) **do not** transmit Lyme disease. They are found April - August in northern New England.

The Deer Tick in Maine

Although they can occur **statewide**, deer ticks are most abundant along the southern coast of Maine.



For more information, check out these websites:

Maine Medical Center Research Institute Center for Vector-borne Disease

<http://www.mmcri.org/lyme/lymehome.html>

Maine Center For Disease Control and Prevention

<http://www.maine.gov/dhhs/boh/>

Federal Centers for Disease Control and Prevention

<http://www.cdc.gov/ncidod/dvbid/lyme/index.htm>

Precautions to avoid tick bites:

Wear light-colored clothing and tuck pantlegs into socks.

Use a DEET - based repellent on skin and clothing or a permethrin - based repellent for clothes only. Follow directions when applying DEET to the skin.

Inspect yourself closely when you get in from outdoors and again in a few hours.

Shower and wash clothes soon after coming indoors. Heat drying will kill ticks on clothing.

Symptoms of Lyme Disease:

In most cases, people see an expanding red rash more than 2 inches across at the site of the tick bite, which may occur within a few days or a few weeks later.



Other symptoms include:

- fatigue
- muscle and joint pain
- headache
- fever and chills
- facial paralysis

Deer ticks also transmit other diseases such as **babesia** and **human granulocytic anaplasmosis (HGA)**.

People that remove an engorged deer tick should consult their physician as quickly as possible.