



Tick Information

Tick season is starting up here in Maine. Listed below is information about ticks, what diseases they carry, and what you can do to minimize contact.

Tick Facts

Deer Ticks

- Deer ticks may transmit the agents that cause Lyme disease, anaplasmosis, and babesiosis
- What bites: nymphs and adult females
- When: anytime temperatures are above freezing, greatest risk is spring through fall

Dog Ticks

- Dog ticks do not transmit the agent that causes Lyme disease
- What bites: adult females
- When: April–August

Prevent Bites

- Wear light-colored protective clothing
- Use EPA-approved insect repellent on skin or clothing
- Use caution in tick infested areas
- Perform daily tick checks
- Protect your pets, use repellents, acaricides, and a Lyme disease vaccine for dogs

Lyme Disease

Ticks usually need to attach for 24 hours to transmit Lyme disease. Often, people see an expanding red rash (or bull's-eye rash) more than 2 inches across at the site of the tick bite, which may occur within a few days or a few weeks. Other symptoms include:

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

Deer ticks may also transmit the agents that cause other diseases such as babesia and anaplasmosis. People that remove an engorged deer tick should consult their physician as quickly as possible.

Deer Tick (Black-Legged Tick)



Dog Tick



Tick Removal

Remove ticks immediately. They usually need to attach for 24 hours to transmit Lyme disease. Consult a physician if you remove an engorged deer tick.

Using a tick spoon

- Place the wide part of the notch on the skin near the tick (hold skin taut if necessary)
- Applying slight pressure downward on the skin, slide the remover forward so the small part of the notch is framing the tick
- Continuous sliding motion of the remover detaches the tick

Using tweezers

- Grasp the tick close to the skin with tweezers
- Pull gently until the tick lets go

Tick Prevention

- Repellent Bug/Tick DEET Free 4 oz
- Repellent Bug Max DEET 100% 1.25 oz
- Repellent Permethrin Spray 6 oz
- Repellent Tick lemon/Eucal 4 oz - (DEET free and contains oil of lemon eucalyptus)
- Tick Removal Kits

What to do if you are bitten by a tick

If you are bitten by a tick, notify your supervisor ASAP. Your supervisor will contact Human Resources to set up a medical appointment for you immediately with a Workers' Compensation occupational medical provider. Let the medical provider know that you found a tick attached to your body. The risk of Lyme disease is greatly reduced if the tick is removed within the first 36 hours. Remember, if Lyme disease is discovered early, your medical provider can treat it before it becomes a serious problem.

If you have any additional questions, please contact our Workers' Compensation Coordinator at 624-3059.