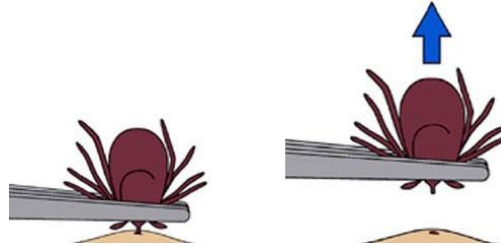


WHAT SHOULD I DO AFTER A TICK BITE?

FOLLOW THESE TIPS IF YOU FIND A TICK ON YOURSELF OR SOMEONE ELSE:

1. REMOVE THE TICK AS SOON AS POSSIBLE.

- Use tweezers or a tick spoon to remove ticks quickly and safely, lift straight up
- Don't worry if the head remains in the skin after removal, the abdomen is the part of the tick that carries disease
- Clean the area around the bite with soap and water or rubbing alcohol



2. IDENTIFY THE TICK IF POSSIBLE.

- Dog ticks in Maine are not known to carry human disease
- The University of Maine Cooperative Extension offers a free tick identification service
 - Phone: 207.581.3880 or 800.287.0279 (in Maine)
 - E-mail: tickid@maine.edu



Deer Tick (Blacklegged tick)

- Spot behind head is black

(Please note that these ticks are not pictured to scale.)



Dog Tick

- Spot behind head has white on it

3. MONITOR FOR SYMPTOMS FOR 30 DAYS AFTER A DEER TICK BITE.

- Symptoms to monitor:
 - Lyme Disease: bulls eye rash, headache, fever, chills, joint pain.
 - Anaplasmosis: fever, headache, lack of appetite, nausea, muscle pain, vomiting.
 - Babesiosis: fatigue, sweating, dark urine, chills, fever, anemia.
 - Powassan: headache, body ache, fever, vomiting.
- Antibiotics are **not** routinely recommended without symptoms.
- Antibiotics are **not** effective for preventing **or** treating Powassan.

