IT’S TICK SEASON!

- Ticks are very small **blood-sucking arachnids**.
- They are often found in or near **wooded areas**.
- Ticks in the U.S. can carry and transmit up to seven different diseases, some of which are very serious and potentially deadly, such as **Lyme disease** and **Rocky Mountain Spotted Fever** (RMSF).
- You may come into contact with ticks when walking through infested areas or by brushing up against infested vegetation (such as leaf litter or shrubs).
- **Avoid bites** by using repellent, wearing light colored clothing (to maintain visibility), by tucking pant legs into socks, and by avoiding infected areas.
- **Check the entire body**, especially around the waist, between the legs, under the arms, back of the knees, inside the belly button, and in and around hair, after being in wooded areas.

**PROPER REMOVAL**

- Do not agitate or squeeze tick body as they may regurgitate infected materials.
- Grasp the tick with pointed **tweezers** as close to the skin as possible and pull away from the direction from which the mouthparts are inserted with even steady pressure.
- Use alcohol to **clean wound**.
- After **Lyme disease** infection, a rash should appear within 3-30 days. A distinctive feature of this rash is that it gradually expands, reaching up to 12 inches in diameter.
- Accompanying **symptoms include**: fatigue, chills, fever, headache, general body ache, and swollen lymph nodes.
- If infection is suspected, seek immediate medical attention. Early detection and treatment can prevent more serious symptoms.

**Other interesting facts:**

- They share the class **Arachnida** with spiders, mites, and scorpions.
- They have a 4-stage life cycle: egg, larva, nymph, and adult.
- Tick-borne infections are caused by various bacterial species carried by ticks.
- Tick populations are greater in the spring and summer following a mild winter, such as in 2007.

For more information on tick-borne diseases, go to [www.cdc.gov](http://www.cdc.gov)