

IT'S TICK SEASON!

Ticks are very small **blood-sucking arachnids**.

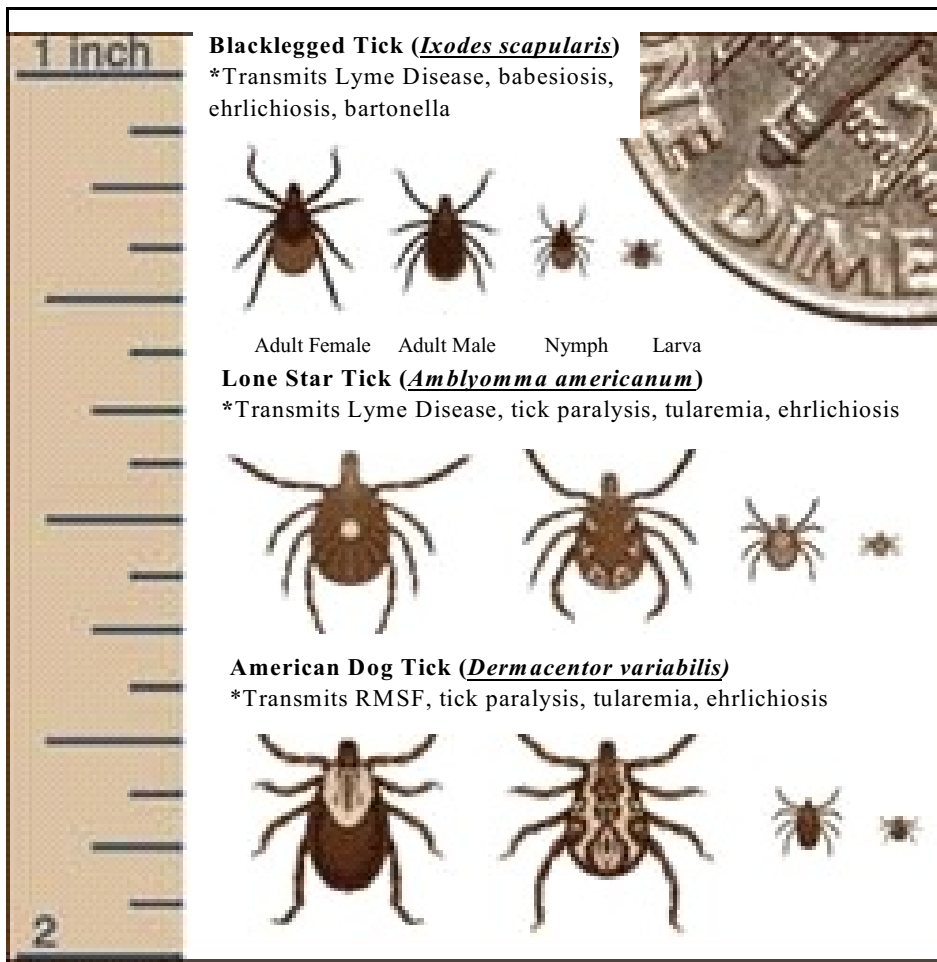
They are often found in or near **wooded areas**.

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