

PROTECT YOURSELF FROM TICK BITES & TICK BORNE DISEASES

WHAT ARE TICKS?

Ticks are very small arachnids that can transmit diseases while feeding on the blood of mammals.

Common Ticks in North Carolina



Ticks are small!!



Lone Star Tick



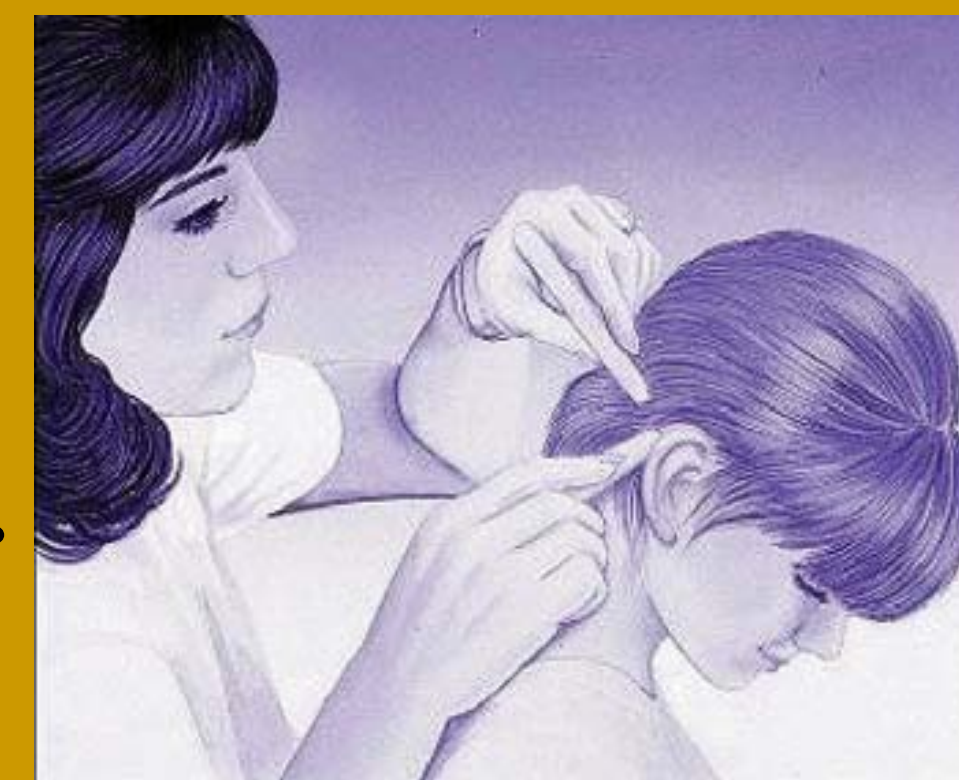
Black Legged Deer Tick



American Dog Tick

PERSONAL PROTECTION

- ◆ Walk on paths.
- ◆ Wear light colored clothing to make spotting ticks easier.
- ◆ Tuck shirt into pants and pants into socks.
- ◆ Use bug repellents according to label directions.
- ◆ Check yourself and children several times a day for ticks.



Check for ticks!



Use Repellents

TICK REPELLENTS

- ◆ Apply tick repellents containing 30% DEET to skin not covered by clothing.
- ◆ Treat clothing with permethrin repellent



30% DEET for skin



Permethrin only for clothing!!

DISEASE PREVENTION

TICK REMOVAL

- ◆ Use tweezers to grab the tick close to the skin.
- ◆ Pull slowly and steadily until the tick lets go.

DO NOT TWIST

- ◆ Wash the bite and your hands with soap and water.
- ◆ Write down the date and watch for any flu-like signs during the next 4 weeks.



WHAT TO DO IF YOU ARE BITTEN BY A TICK:

- ◆ Promptly remove the tick.
- ◆ If you develop symptoms within 1-30 days after being in tick prone areas consult with your physician.

SIGNS OF TICK ILLNESS:

- ◆ Fever, chills
- ◆ Muscle Aches, headaches
- ◆ Rash

TICK BORNE DISEASES IN NORTH CAROLINA

- ◆ Rocky Mountain Spotted Fever
- ◆ Southern Tick Associated Rash Illness (STARI)
- ◆ Ehrlichiosis
- ◆ Lyme Disease

