



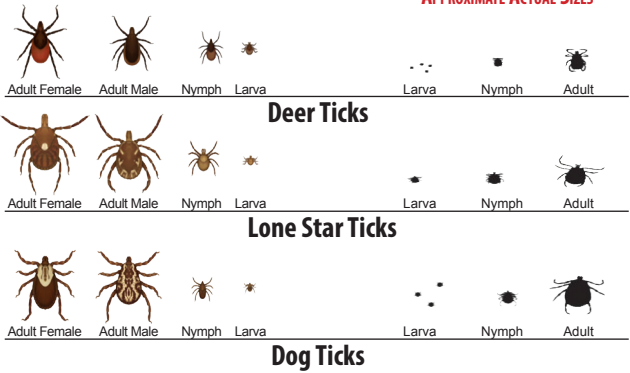
# ONE BITE

CAN CHANGE YOUR LIFE

## TICK-BORNE DISEASES ARE PREVENTABLE

The Blacklegged Tick, also called Deer Tick, is abundant throughout Massachusetts. They can carry the organisms that cause Lyme disease, babesiosis, anaplasmosis, and relapsing fever. While tick-borne illnesses can be very serious if untreated, they are **preventable**.

APPROXIMATE ACTUAL SIZES



### Understand Your Risk

Cape Cod Cooperative Extension can identify ticks for you and discuss prevention recommendations.

Call 508-375-6690 for information.

### Nymph Stage Deer Ticks

- Are active from early May through early August
- Are about the size of a poppy seed
- Due to their small size pose the highest risk of getting a tick-borne disease

**About 1 in 4 nymph stage Deer Ticks carry Lyme disease.**

### Adult Stage Deer Ticks

- Are active from September through May
- Are about the size of a sesame seed

**About 1 in 2 adult stage Deer Ticks carry Lyme disease.**

**The risk of getting a tick-borne disease is year round.**



Ticks can be active, even in winter, when temperatures are above freezing.

### Tick Facts

- Tick habitat is in shady, damp, brushy, wooded areas including shrubs and gardens.
- Ticks cannot jump or fly. They attach to people, pets, or other animals that brush up against them.
- Nymph stage ticks are found mostly at ground level. Adult stage ticks can be found up to a couple of feet off of the ground on vegetation.

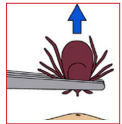
### Tick Bite Prevention

- Do a tick check after coming inside and tumble-dry clothes for 20 minutes.
- Wearing light-colored clothing makes it easier to see ticks.
- Use repellents; read and follow all label instructions. There are two types of repellent:
  1. Products containing DEET may be used on skin.
  2. Products containing Permethrin may be used on clothing, not skin. Use Permethrin to treat clothing (active through six washings), or purchase pre-treated clothing (active through seventy washings).

### Tick Removal

#### **REMOVE TICK IMMEDIATELY and CORRECTLY**

- Using pointy tweezers, grasp tick by the head (as shown) and pull straight up. →



- Avoid twisting.
- DO NOT USE: matches, cigarettes, petroleum jelly, gasoline, nail polish remover, etc.
- After removing tick, apply antiseptic to bite area.
- Note date when tick was removed.
- Save tick for identification and testing.

### Tick Testing

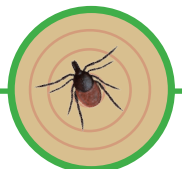
Laboratory of Medical Zoology: [www.TickReport.com](http://www.TickReport.com)

Testing can be performed for all major diseases.

### Useful Resources

- ▶ Cape Cod Cooperative Extension: [www.capecodextension.org](http://www.capecodextension.org)
- ▶ MA Department of Public Health: [www.mass.gov/dph](http://www.mass.gov/dph)
- ▶ University of Rhode Island: [www.tickencounter.org](http://www.tickencounter.org)
- ▶ Barnstable County Department of Health and Environment: [www.barnstablecountyhealth.org](http://www.barnstablecountyhealth.org)

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