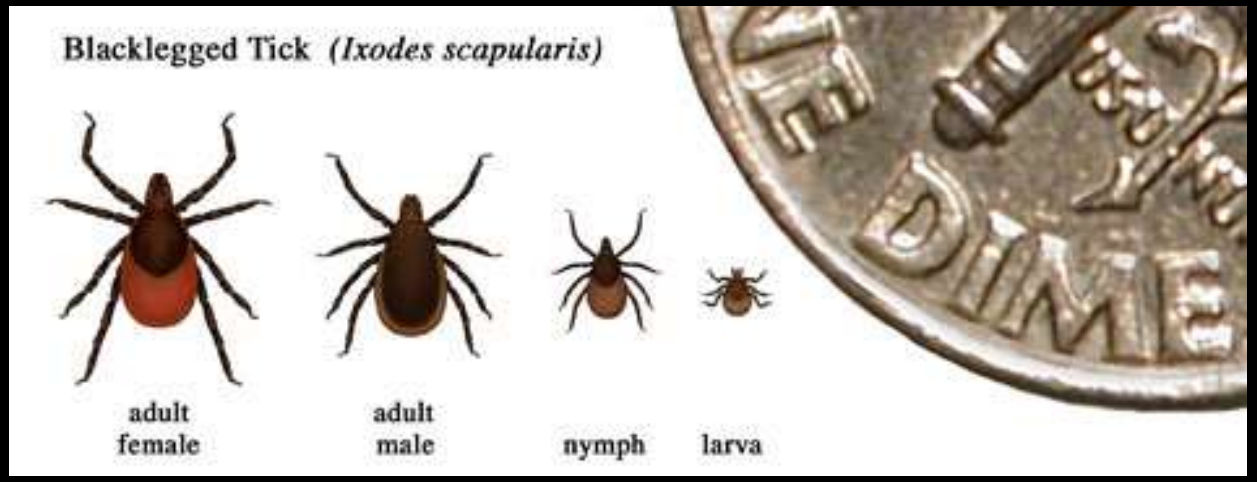
Ticks (all info shamelessly taken from CDC)

https://www.cdc.gov/ticks/index.html

- Specifically, the black legged tick

What



The Lyme disease bacterium, *Borrelia burgdorferi*, is spread through the bite of infected ticks. The blacklegged tick (or deer tick, *Ixodes scapularis*) spreads the disease in the northeastern, mid-Atlantic, and north-central United States. The western blacklegged tick (*Ixodes pacificus*) spreads the disease on the Pacific Coast.

Incubation Period

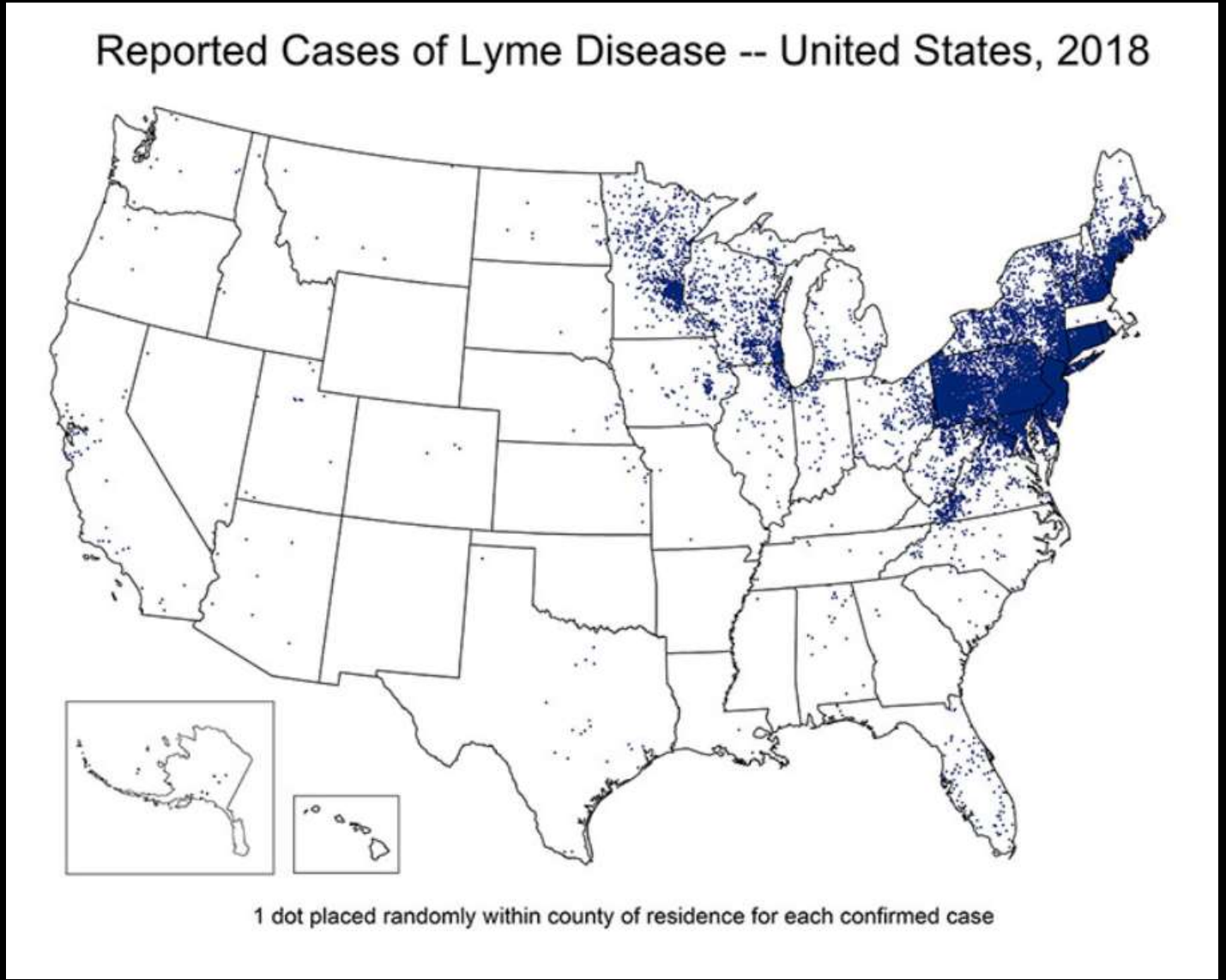
3-30 days

Signs and Symptoms

Localized Stage*

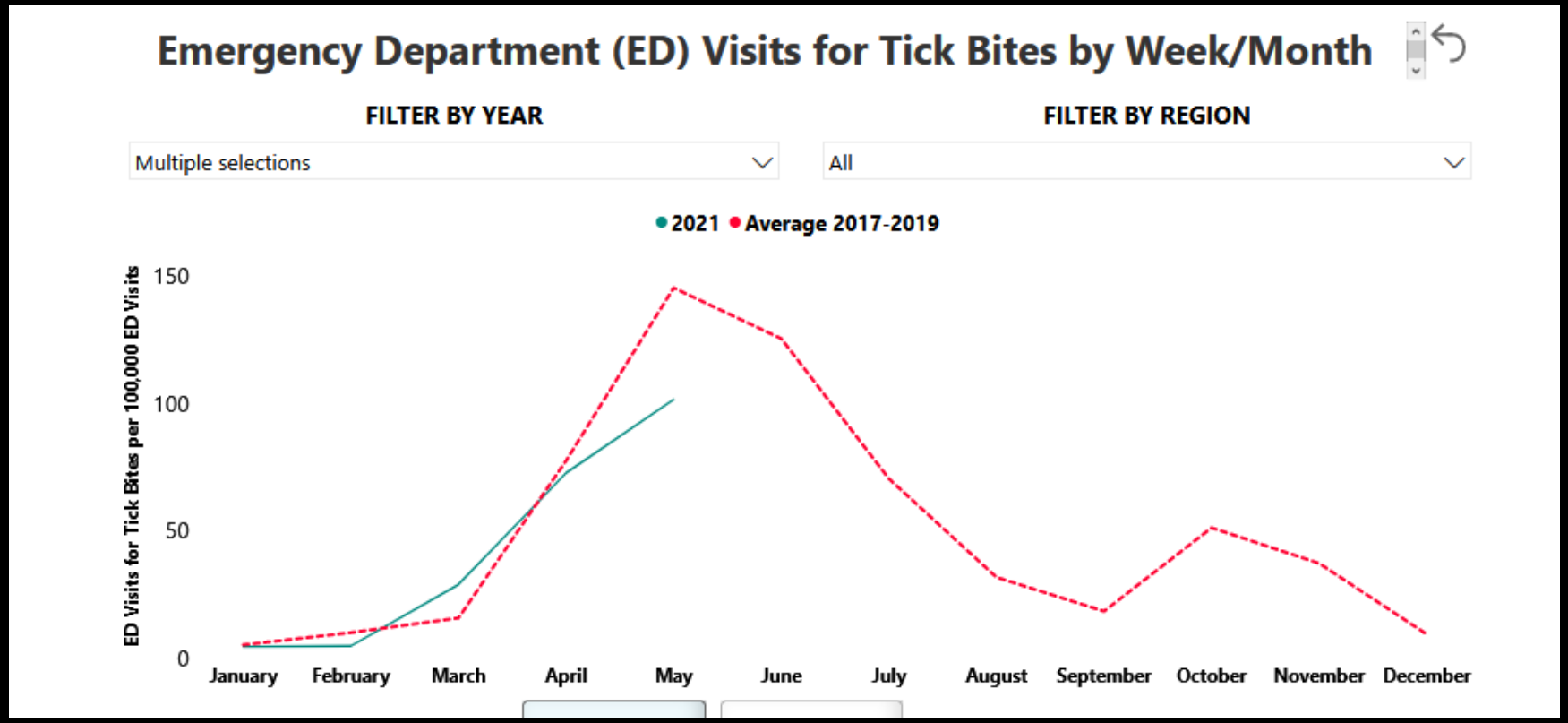
- Erythema migrans (EM)—red ring-like or homogenous expanding rash; classic rash not present in all cases. See examples on following pages.
- Flu-like symptoms—malaise, headache, fever, myalgia, arthralgia
- Lymphadenopathy

Where


Reported Cases of Lyme Disease -- United States, 2018
1 dot placed randomly within county of residence for each confirmed case

When

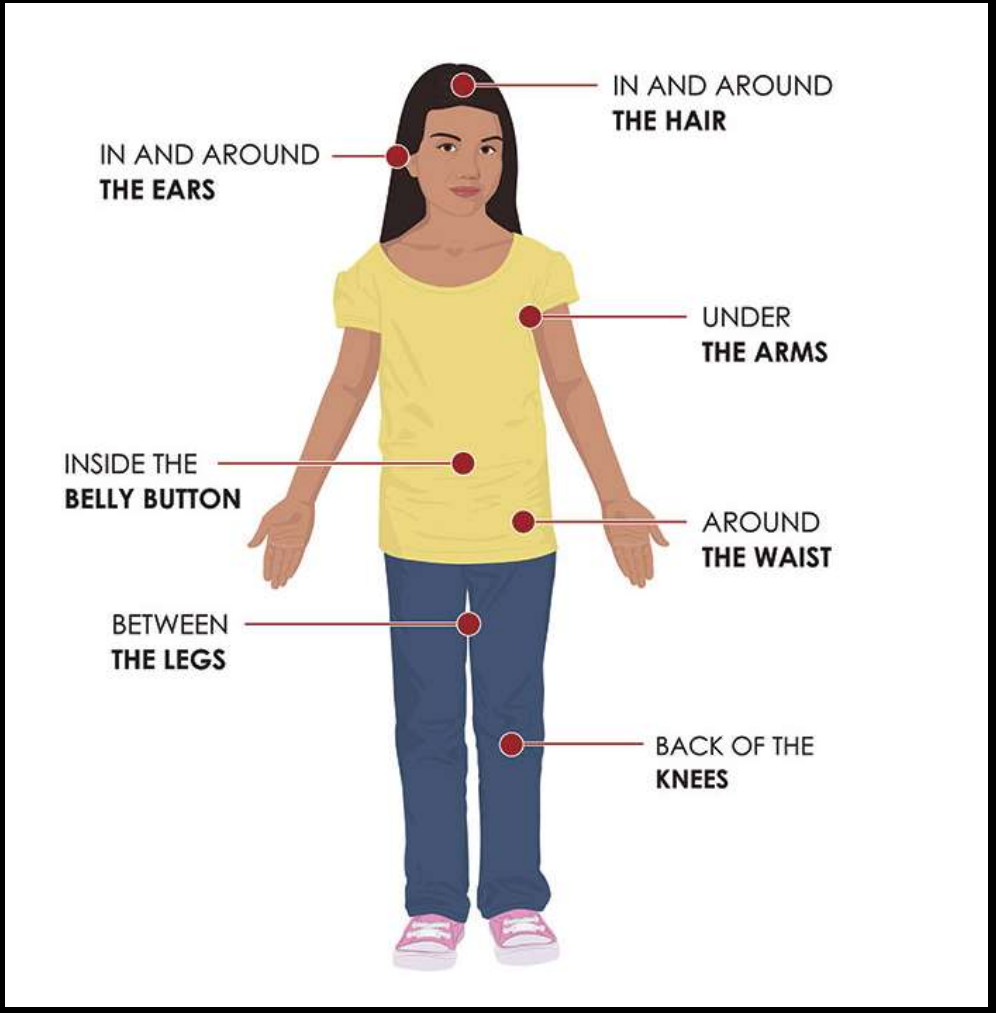
- May is highest month for tick bites



Where to look

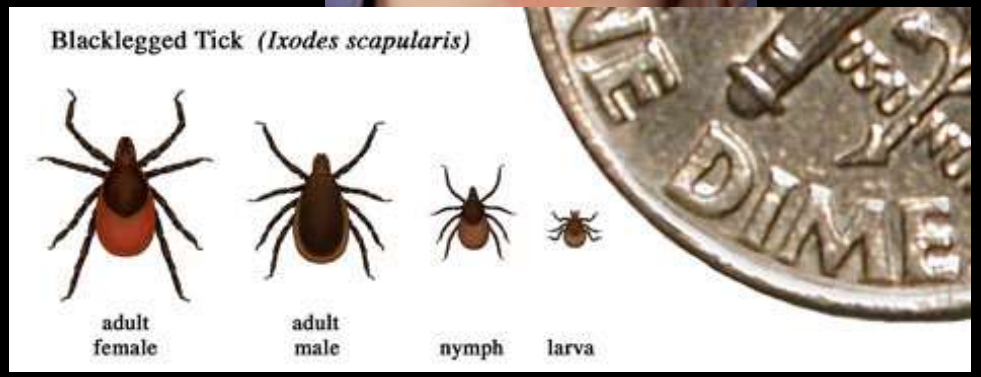
- Anywhere and everywhere
- Hot and sweaty regions you cannot see

- Feel for them



What to look for

- Ticks are really tiny !!
- The rash is big
- But 3-30 days later



Early Signs and Symptoms (3 to 30 Days After Tick Bite)

The appearance of the erythema migrans rash can vary widely.

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes may occur in the absence of rash
- Erythema migrans (EM) rash (see photos):
  - Occurs in approximately 70 to 80 percent of infected persons
  - Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)
  - Expands gradually over several days reaching up to 12 inches or more (30 cm) across
  - May feel warm to the touch but is rarely itchy or painful
  - Sometimes clears as it enlarges, resulting in a target or "bull's-eye" appearance
  - May appear on any area of the body
  - Does not always appear as a "classic" erythema migrans rash

- Not everyone gets the rash.
- Look out for flu like symptoms
- Antibiotics will "cure" it in most cases

If you didn’t catch it

Later Signs and Symptoms (days to months after tick bite)

Swollen Knee

Facial Palsy

- Severe headaches and neck stiffness
- Additional EM rashes on other areas of the body
- Facial palsy (loss of muscle tone or droop on one or both sides of the face)
- Arthritis with severe joint pain and swelling, particularly the knees and other large joints.
- Intermittent pain in tendons, muscles, joints, and bones
- Heart palpitations or an irregular heart beat (Lyme carditis)
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet

How to prevent

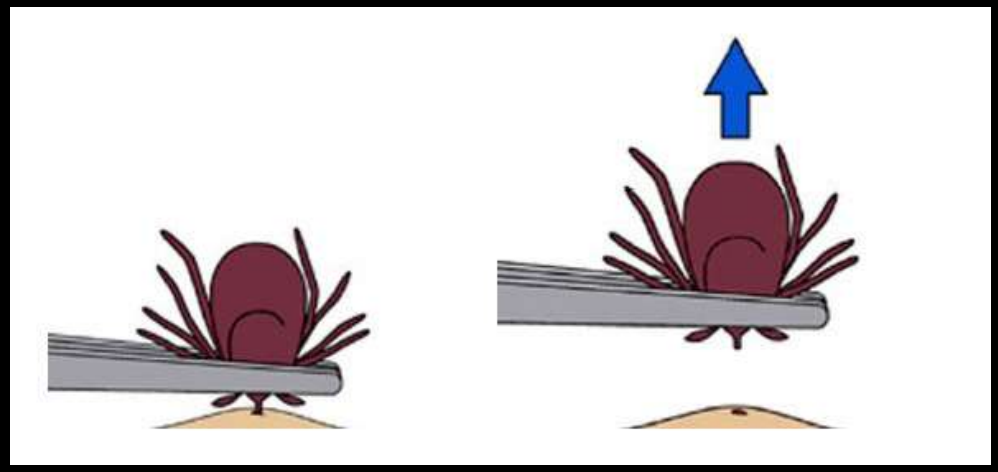
- The tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted.
- Use Pyrethrin coated clothes to repel them
- Apply Deet and others to repel them

- After the trip
  - Check for Ticks
  - Shower
  - Change clothes
  - Put clothes in dryer on hot for 10 minutes (outdoor.com)

How to remove

- Tweezers
  - This is not easy
  - Do not squeeze the tick and squirt their stomach contents into you
- Other methods too!!
  - Tick forks

- If you are unable to remove the mouth easily with clean tweezers**, leave it alone and let the skin heal**.



Tick types / Diseases	blacklegged tick (*Ixodes scapularis*)	blacklegged tick (*Ixodes pacificus*)	Rocky Mountain wood tick	lone star tick	groundhog tick (*Ixodes cookei*)	Gulf Coast tick (*Amblyomma maculatum*)	Dog Tick	Wood Tick	Pacific coast Tick
Anaplasmosis	Y	Y							
Babesiosis	Y								
Borrelia mayonii	Y								
Borrelia miyamotoi	Y								
Colorado tick fever			Y						
Ehrlichiosis				Y					
Heartland virus				Y					
Lyme disease	Y	Y							
Powassan disease	Y				Y				
Rickettsia parkeri						Y			
Rocky Mountain spotted fever (RMSF)							Y	Y	
STARI (Southern tick-associated rash illness)						Y			
Tularemia				Y			Y	Y	
364D rickettsiosis									Y

Lives In NY State

Lives In NY State

Lives close to NY State

Lives In NY State