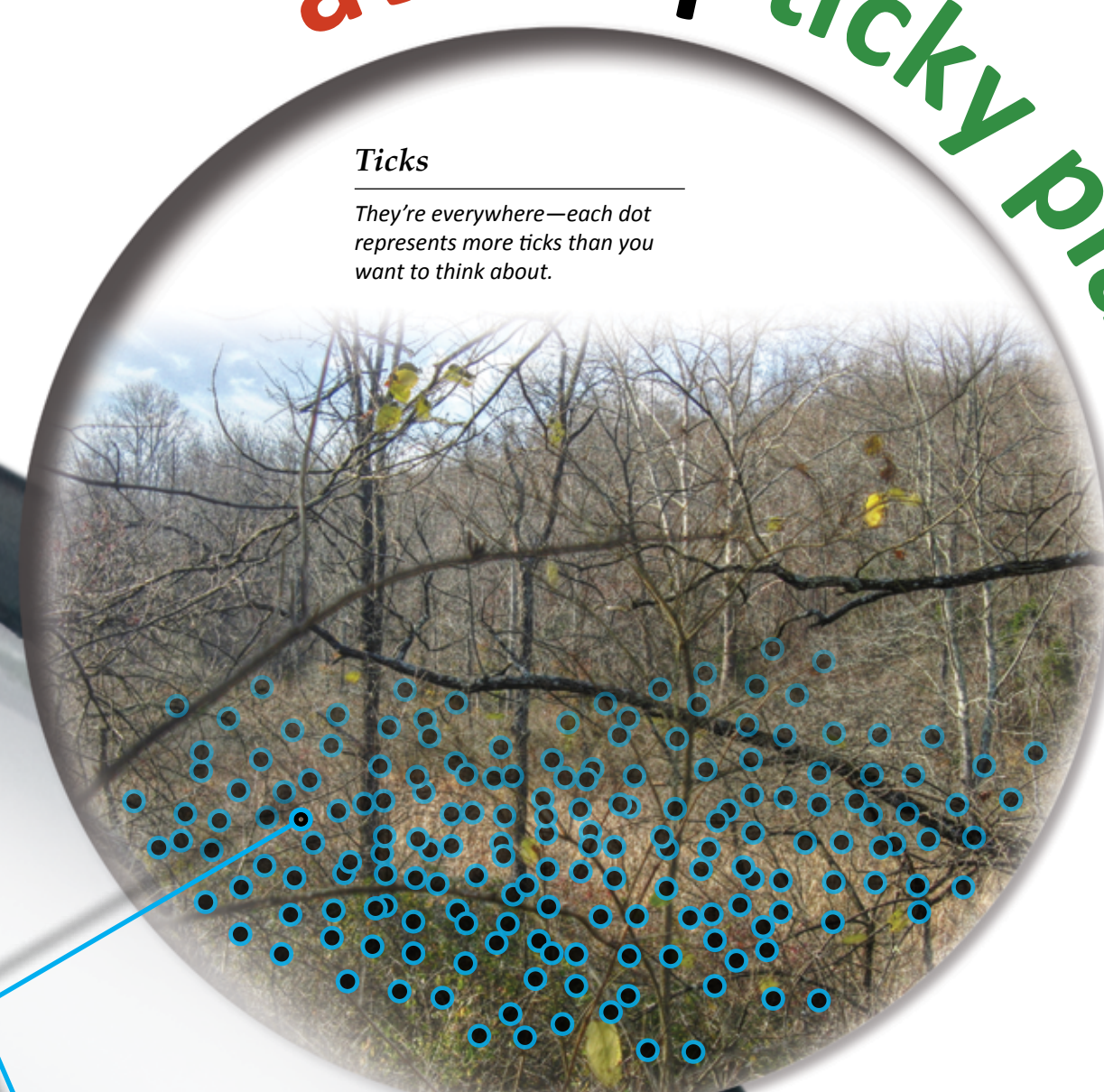


TICK KILL

PREVENTION IS THE KEY

A CREEPING SEPTIC TANK THAT CAN MAKE YOU SICK AND CAN EVEN

avoid / ticky places



AVOID CONTACT with the tick populations by staying away from the wooded and brushy areas that ticks call home. Woodlands, fields, and the brushy edges between them are prime habitat for some of the common hosts for the ticks that carry disease.



Blacklegged Tick (deer tick)
Responsible for Lyme Disease; female shown at right with reddish butt; males have a brown back with a lighter border (below left); black dots represent life stages at actual size: larvae, nymph, and adult

White-tailed deer & White-footed mice
Two of the most common reservoirs in nature that harbor disease-carrying ticks

repel & kill | through chemistry

DEET for skin—re-apply as needed (every 1 – 2 hours)
PERMETHRIN for clothing—it can provide several days of protection, even if the clothing is laundered or worn in the rain (does not adhere to skin); turn pants inside out and apply from knee to cuff.

Permethrin is a synthetic form of pyrethrin, a naturally occurring insecticide found in chrysanthemums. Pyrethroids are safe for humans and dogs, but can kill cats.

do this | if bitten

DON'T PANIC!
Just calmly remove it.

GRASP THE TICK with tweezers as close to the skin as possible.
PULL UP AND OUT with steady, even pressure.
DON'T SQUEEZE, TWIST, OR TUG as you may break off the tick body and leave the mouth parts in place, or squirt the tick's innards (where the disease is) into the wound.

CLEAN the site and your hands with rubbing alcohol, iodine, or soapy water.
DISPOSE of the tick (submerge in alcohol).
AVOID folklore remedies to make the tick detach (e.g., painting the tick with nail polish).
REMOVE the tick as quickly as possible.

dress right | **find & destroy**

WEAR THE RIGHT STUFF: long-sleeved shirts, long pants with the cuffs tucked into your socks, shoes instead of sandals. Several manufacturers make clothing pre-treated with insecticides such as permethrin.

CHECK YOURSELF when you come inside: remove your clothes and check for ticks. Wash your clothes and dry in a hot dryer (kills ticks)

Remove a tick...
By grasping it with fine-tipped tweezers as close to its head as possible. Grasping it near its center may squeeze virus into the wound.

Lyme Disease is hard to diagnose

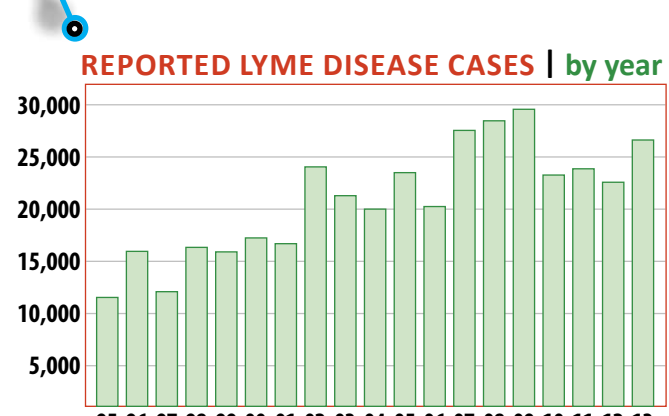
Concentric pink rings sometimes occur in patients—although not always. And testing often gives false negatives. This is one disease that is best avoided, and it's not that hard to do.

LYME DISEASE—it's nasty and it's spreading. Of all the tickborne diseases, perhaps none has caused more suffering than Lyme Disease. Although known for over 100 years, it was first formally identified in Connecticut in 1975.

Found in temperate regions of the Northern Hemisphere and spread by the **blacklegged tick** (deer tick), Lyme disease presents with a host of flu-like symptoms and can cause long-lasting, and even permanently disabling damage. If caught early, antibiotics can cure the disease—unfortunately, it often goes misdiagnosed.

The Centers For Disease Control (CDC) estimates 300,000 new cases of the disease in the US (with about 30,000 confirmed), most occurring in the Northeast and upper Midwest.

Prevention is key: if the tiny ticks are removed within 24 hours, infection is highly unlikely. If you live with blacklegged ticks, check yourself often!



Tickborne diseases	vector	reservoir	treatment
Lyme Disease	Blacklegged tick	White-footed mouse	Antibiotics
Anaplasmosis, Human Granulocytic Anaplasmosis (HGA)	Blacklegged tick	White-footed mouse	Antibiotics
Human Monocytic Ehrlichiosis (HME)	Blacklegged tick	White-footed mouse	Antibiotics
Human Ewingii Ehrlichiosis (HEE)	Blacklegged tick	White-footed mouse	Antibiotics
Babesiosis	Blacklegged tick	White-footed mouse	Antibiotics
Cat Scratch Disease	Blacklegged tick	White-footed mouse	Antibiotics
Rocky Mountain Spotted Fever (RMSF)	Blacklegged tick	White-footed mouse	Antibiotics
Colorado Tick Fever	Blacklegged tick	White-footed mouse	Antibiotics
Southern Tick-Associated Rash Illness (STARI)	Blacklegged tick	White-footed mouse	Antibiotics
Tickborne Relapsing Fever (TRRF)	Blacklegged tick	White-footed mouse	Antibiotics
Tularemia	Blacklegged tick	White-footed mouse	Antibiotics
Powassan Disease, (Tickborne Encephalitis, Deer Tick Virus)	Blacklegged tick	White-footed mouse	Antibiotics
Q Fever	Blacklegged tick	White-footed mouse	Antibiotics
Tick Paralysis	Blacklegged tick	White-footed mouse	Antibiotics

tick-proof | **your yard**

DISCOURAGE | animals
with fencing, and minimize potential food sources (e.g. uncovered household compost)

REMOVE | leaf litter
and other loose vegetation—keep your immediate yard clutter-free

CREATE | a barrier
a 3-foot strip of gravel or wood chips works well

KEEP | lawn short
long grass is favorite tick habitat

STORE | firewood
in a dry area to discourage rodents and their ticks

REMOVE | trash
and old furniture, or keep in a garage or outbuilding

CUT & CLEAR | brush & tall grass
garden borders, field and woods edges should be kept trimmed back and clear

USE PESTICIDES designed to kill ticks (acaricides). They are cheap, very effective, and safe when applied correctly. This family of products is sold under many names.

APPLY PESTICIDES in early May and again in early June. (Read the directions carefully and apply as directed.)

CONTACT A PROFESSIONAL EXTERMINATOR to treat the yard area with acaricides, if necessary.

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* Powassan Disease, spread by deer ticks, is on the rise and much more likely to be fatal—it has the potential to become a serious public health risk.