



TICK IDENTIFICATION, REMOVAL & PREVENTION GUIDE

TYPES OF TICKS



Infected deer ticks can transmit the bacteria that causes Lyme disease, and are more likely to do so if they are attached for 24 hours or longer. Dog ticks are not known to spread Lyme disease. Adult dog ticks have white markings on their back while adult deer ticks do not. Note: Due to their small size nymphs and larva of both species likely require lab identification to determine what type of tick they are.

TICK FEEDING

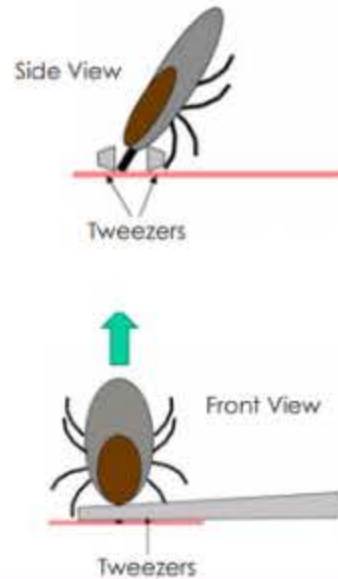


Adult ticks become bigger as they feed. Shown to the left are female adult deer ticks at different feeding stages. Moving clockwise starting from the smallest - 0hrs, 24hrs, 48hrs, 72hrs, >96hrs is the largest.

TICK REMOVAL*

*Before removing a tick from a student, please be sure to check your school board's policy.

- Step 1** - Position the jaws of the tweezers around the mouth-parts of the tick; close to the skin.
- Step 2** - Hold the tweezers at a right angle to the tick's body.
- Step 3** - While firmly clinching the tick's mouth-parts with the tweezers, gently pull the tick straight up and away from the skin. Avoid twisting or turning the tick during removal.
- Step 4** - Disinfect the bite site after the tick is removed.
- Step 5** - Place the tick in a sealed container and provide to parents/guardians with additional information such as the time/date, where the tick was found geographically and where on the body.



TICK PREVENTION

Before Going Outdoors



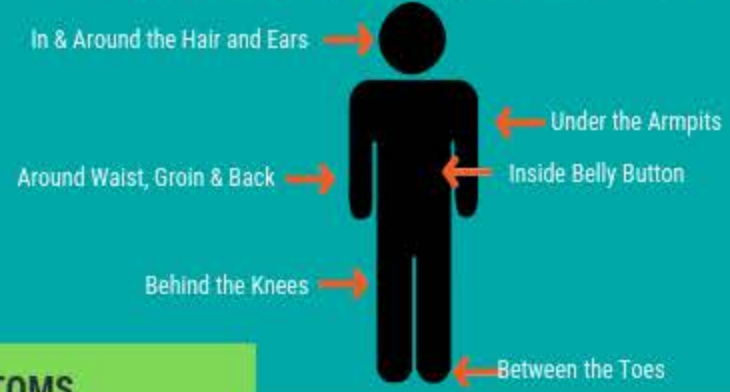
Wear bug spray that contains DEET or Icaridin. Follow the label when using repellents.



Tuck your shirt into your pants and your pants into your socks to prevent ticks from attaching to your skin.

After Being Outdoors

Check your entire body with special attention to these areas for ticks after spending time outdoors.



LYME DISEASE SYMPTOMS

Early symptoms of Lyme disease include: rash, fever, chills, headache, stiff neck, muscle aches and joint pains, fatigue, swollen lymph nodes, spasms, numbness or tingling, and facial paralysis.

Consulting a healthcare provider is recommended if any of the following occur:

- ➔ The tick appears to have fed.
- ➔ You develop symptoms 3-32 days after being bitten by a tick or after being somewhere ticks live.
- ➔ You are concerned about a tick exposure.