

## Keep ticks from biting!

- Walk on paths. Avoid tall grasses, brushy areas, and leaf litter.
- Use tick repellents on skin, clothes and gear. (More about repellents below.)
- Wear light colored clothing so ticks will be easier to see.
- Wear a long sleeved shirt tucked into long pants that are tucked into socks.
- Treat pets for ticks. Talk to your vet about what you can use on your pet.



Walk on paths



Tuck clothes in



Use repellents on clothes and exposed skin

## More about Repellents

- ✓ Read and follow the label.
- ✓ Use on exposed skin and clothing—not under clothing.
- ✓ Do not put repellents on eyes, mouth or open skin (cuts).
- ✓ Put sprays on outdoors and try not to breathe the spray. Spray your hands and use them to put repellents on your face.
- ✓ Don't use repellents that have sunscreen in them. Put each one on separately.
- ✓ Parents should put repellents on children.
- ✓ Remember to wash repellents off when you are finished spending time outside.

Wake County Human Services  
Communicable Disease Program  
10 Sunnybrook Road, P.O. Box 14049  
Raleigh NC. 27620-4049  
[www.wakegov.com](http://www.wakegov.com) or 919-250-4462  
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# Don't Feed the Ticks!

Learn how to keep  
from getting sick  
from ticks



## Ticks can make you sick!

Ticks can spread disease by biting infected animals and then attaching to you. Some diseases spread by ticks in North Carolina are:

- Rocky Mountain spotted fever (very common)
- Lyme disease
- Ehrlichiosis (err-lick-ee-o-sis)
- Southern Tick Associated Rash Illness (STARI)

These diseases can make you really sick and cause life long health problems if not treated early.

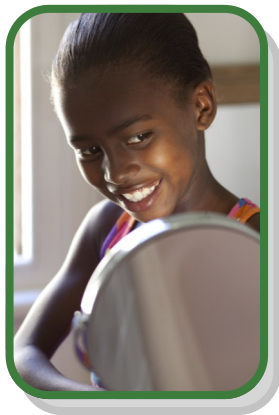
## Do a Tick Check!

Check yourself for ticks every day after you've been outside.

**Take a shower.** Ticks that aren't attached will wash off and it's easy to check your whole body while you shower.

Use your fingers and a mirror to check:

- ✓ Your neck
- ✓ Behind your ears
- ✓ Your hair
- ✓ Under your arms
- ✓ Around your waist
- ✓ Between your legs (groin)
- ✓ Any place where your skin folds



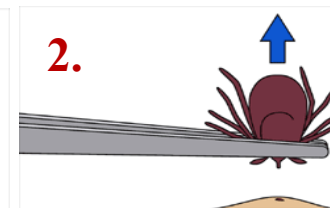
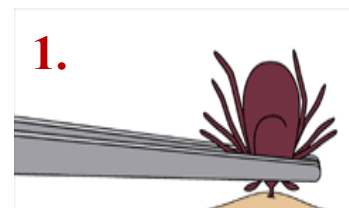
Remember to check your children and your pets too.



## How to take a tick off!

Take ticks off right away so you won't get sick. Ticks are more likely to spread disease when they are attached for more than one day (24 hours).

1. Use tweezers to firmly grasp the tick.
2. Slowly pull the tick straight up.
3. Wash your hands, the tweezers and the bite area with soap and water.
4. Mark the date you took off the tick on your calendar.



Use tweezers to take a tick off

Use tweezers to pull ticks off right away. Don't use petroleum jelly, matches, finger nail polish or other things to try to make the tick fall off. They don't work. Never crush or squeeze a tick.

## What to do if you feel sick after a tick bite!

Talk to your doctor if you get:

- flu-like symptoms (fever, headache, muscle aches)
- a rash (some people don't get a rash)
- joint pain

within a month of finding an attached tick. Diseases caused by ticks are treated with antibiotics. Early treatment shortens the illness and helps keep you from getting really sick.

Bulls-eye rash —  
Lyme Disease  
or STARI



Rocky Mountain spotted fever rash