

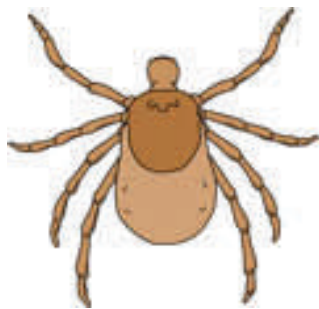
How to protect yourself & your family:



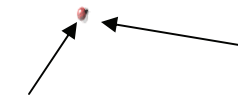
Protect yourself from tick bites & Lyme Disease

Early Lyme Disease signs to watch for:

- * Headache
- * Chills & Fever
- * Fatigue
- * Bull's eye rash (2" across or larger)
- * Swelling & pain in the joints & muscles
- * Swollen lymph nodes



- * Wear light colored clothing so ticks can be seen easier.
- * Wear long sleeve shirts, long pants and a hat. Tuck your pants into your boots or socks.
- * Spray insect repellent (longest lasting is DEET) on clothing or treat clothing using permethrin, which kills ticks on contact. - **Be sure to follow package directions.**
- * Avoid grassy, brushy areas and any overhanging vegetation.
- * Walk in the center of trails.
- * When coming in from the outdoors, remove and immediately wash and dry your clothing in hot temperatures so that any ticks on your clothing will be killed and not released into your home.
- * Inspect yourself carefully and remove any attached ticks.
- * Check your pets every time they come in from outside.
- * Use repellents and/or specially formulated monthly flea & tick control products on your pets.



Can you see this tick? It is the size of black legged tick (deer tick) nymph. Their bites account for 70 % of all Lyme Disease cases.

****It is important to carefully check yourself as soon as you come from the outdoors because the tick must be attached for 24-36 hours to transmit Lyme Disease.****

Sources:

Rutgers Cooperative Extension Fact Sheet: Prevent Tick Bites: Prevent Lyme Disease, 2005.

Monmouth County Mosquito Commission: Tick-Borne Disease Program: Lyme Disease & The Black legged Tick, 2000.

CDC: Lyme Disease: A Public Information Guide.

**Warren County Mosquito
Commission**
908-453-3585
www.warrencountymosquito.org

Black Legged Tick (Deer tick) Life Cycle:

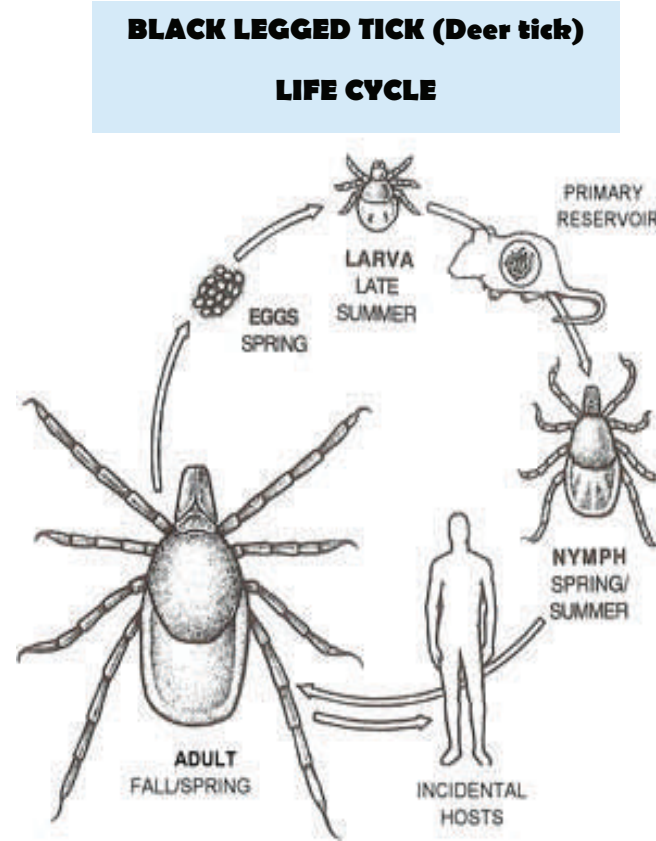
The tick **egg** hatches in late spring and then goes through three life stages: larva, nymph and adult. They require only one feeding per stage. The complete life cycle of the black legged tick is two years.

In the **larval** stage they are extremely tiny, approximately the size of the dot a pencil makes when touched to a paper. They feed on small animals (mice, chipmunks etc.) in the late summer. Larvae can acquire the disease from infected animals. **Peak activity for larvae is August.**

Nymphs are approximately the size of a poppy seed. They have a black head and their bodies appear translucent. Their bites account for about 70% of all Lyme Disease cases. They feed on larger animals (birds, raccoons, dogs, humans, etc.) **Peak activity for nymphs is May to June.**

Adult ticks are the size of sesame seeds. Females have a brick-red abdomen and are slightly larger than the male, which are black. They have a black head and black dorsal shield during every stage. They feed primarily on deer but will also feed on horses, dogs and humans, etc. **Peak activity for adult ticks is October/November and April.**

REMEMBER: Black legged ticks are active all year as long as the temperatures are above freezing.



The black legged tick, previously called the deer tick, is responsible for the transmission of Lyme Disease. Bites from immature ticks called nymphs are the most common way humans are infected with Lyme Disease. Nymphs are very tiny and therefore difficult to see so they often go undetected. They are approximately the size of a poppy seed.

For Tick Removal



Using tweezers grab the tick as close to the skin surface as possible, pull straight up with a slow and steady pressure. Be careful not to crush or to have the tweezers slip off the tick body, as you do not want to force any fluids from the tick into your skin. Clean the area with disinfectant. Ticks can then be saved and identified at the Warren County Mosquito Commission office or the Rutgers Cooperative Extension office. They can also be sent to specific labs for testing for the Lyme Disease bacterium.

To kill a tick place it in a jar with rubbing alcohol and cover tightly.

DO NOT use alcohol, nail polish, hot matches, petroleum jelly or any similar methods to remove ticks. These methods may cause the ticks to regurgitate the contents of their gut, which may include the Lyme disease bacterium.

For Tick Identification:

Warren County Mosquito Commission:
908-453-3585

Rutgers Cooperative Extension:
908-475-6505

For Tick Testing:

NJ Laboratories: 732-249-0148

Northeast Infectious Disease Diagnostics Lab:
570-422-7885