

## HOW TO REMOVE A TICK



- Using tweezers, grasp the tick near the mouth parts (as close to the skin as possible).
- Gently pull the tick in a steady, upward motion.
- Wash the area and use a disinfectant on the bite site.
- Record the date and location of the tick bite, and watch for early symptoms of Lyme disease over the next few weeks.

- **DO NOT squeeze the tick.**
- **DO NOT pour kerosene on it.**
- **DO NOT rub vaseline on the tick.**
- **DO NOT use a smoldering match or cigarette butt.**

Reviewed by the Centers for Disease Control and Prevention (CDC).

Provided as a public service by the ALDF.

Visit [www.aldf.com](http://www.aldf.com) for further information

**ALDF**  
American Lyme Disease Foundation, Inc.  
Research • Education • Prevention

## Tick ID Card

**Black-legged (deer) tick—*Ixodes scapularis***  
Eastern U.S., upper mid-west  
Lyme disease, anaplasmosis and babesiosis



**Western black-legged tick—*Ixodes pacificus***  
Pacific coast  
Lyme disease, anaplasmosis



**Lone star tick—*Amblyomma americanum***  
Southeast U.S.; moving into northeast  
Ehrlichiosis, may transmit STARI



**American dog tick—*Dermacentor variabilis***  
Throughout the U.S.  
Rocky Mountain spotted fever, tick paralysis



**Rocky Mountain wood tick—*Dermacentor andersoni***  
Throughout the west  
Rocky Mountain spotted fever, Colorado tick fever, tularemia



## SIGNS & SYMPTOMS

**Lyme Disease:** Early – expanding rash or rashes, in 80 to 90% of cases. May experience viral-like symptoms (fever, headache, body aches). Later – heart problems, neurological problems (weakness, memory loss, tremors), and arthritis.

**Anaplasmosis:** Fever, severe headaches, malaise, muscle pains, and chills. Other symptoms may include confusion, hemorrhages, and renal failure. Less often; cough, joint pain, confusion, and rash. Prevalent in New England, North Central US, and northern California.

**Ehrlichiosis:** Fever, severe headaches, malaise, muscle pains, and chills. Other symptoms may include nausea, vomiting, confusion and joint pain. Prevalent in eastern half of US (particularly in southern states).

**Babesiosis:** Symptoms include spiking fever and chills. Intensive hospital care may be required. Prevalent in Northeastern US.

**Rocky Mountain Spotted Fever:** Rash, especially on the extremities (soles of the feet and palms of the hands), headache and chills leading to delirium, shock, kidney failure, heart problems, neurological problems. Can be very serious. Prevalent in both Eastern and Western US.

**STARI:** Symptoms similar to Lyme disease. No test yet available.

**Tick Paralysis:** Caused by neurotoxins secreted by feeding ticks—usually on head. Progressive paralysis sets in over 3-5 days—tick removal only “cure”.

## HOW TO DIFFERENTIATE RASHES

**Spider bite:** A spider's bite forms fluid filled bumps at the site of the bite.

**Tick bite:** A tick's bite is rarely felt and may form a small ring surrounded by a red halo.

**Erythema migrans lesion:** Red rash that occurs at the site of the bite. Center of the bite may clear and rash expands outward.

## AVOIDING TICK BITES

- Avoid known tick areas when possible.
- Wear long-sleeved shirt and long pants (tucked into socks) when walking in woods and fields.
- Wear light colored clothing to help spot ticks.
- Use safe tick repellent on skin or clothes. Ask your pharmacist for advice.
- Perform daily tick checks on yourself and your children, especially after being outdoors.
- Shower using a wash cloth to dislodge unattached ticks.

## ASK YOUR HEALTH CARE PROVIDER ABOUT AVAILABLE TREATMENTS.

Other tick species also transmit other disease agents—if symptoms associated with any bite develop, see your physician immediately!



Engorged tick

