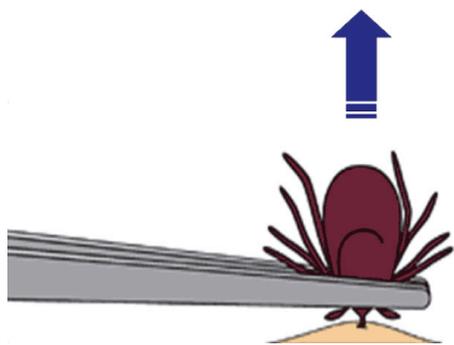


REMOVING A TICK

- Use fine-tipped tweezers and protect your hands with a tissue or gloves
- Grab the tick as close to the skin's surface as possible — do not twist or jerk the tick
- Gently pull straight up until all parts of the tick are removed
- Clean the tick bite with soap and water or rubbing alcohol
- Wash your hands with soap and water or an alcohol-based rub
- Do not use petroleum jelly, a hot match, nail polish, or other products to remove ticks



Centers for Disease Control and Prevention (CDC)

For more information, visit health.maryland.gov/tick.



MARYLAND
Department of Health

Prevention and Health Promotion Administration
Infectious Disease Epidemiology and Outbreak Response Bureau
Center for Zoonotic and Vector-borne Diseases
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Information brought to you by the Maryland Department of Health Center for Zoonotic and Vector-borne Diseases

MARYLAND, GET "TICKED" OFF!

LYME DISEASE

Lyme disease is the most common tickborne disease in Maryland.

Lyme disease is transmitted by the bite of an infected blacklegged tick. In most cases, the tick must be attached for at least 36 – 48 hours for transmission to occur.

From three to 30 days after a tick bite, a gradually expanding rash (called erythema migrans) can occur at the site of the bite in 70 – 80 percent of infected people. The rash can expand over several days and grow to up to 12 inches; often resembling a bull’s eye.

If untreated, Lyme disease may cause a loss of muscle tone on one or both sides of the face, severe headaches and neck stiffness, problems with short-term memory, shooting pains that can interrupt sleep, heart palpitations, dizziness, and pain that shifts from joint to joint.



CDC

KEEP TICKS OFF

- Enjoy the outdoors — but keep ticks off
- Tick exposure can occur year-round
- Look for ticks in late spring through early fall, when they are most active
- Ticks are most commonly found in the woods and marshy places, in bushes, shrubs, leaf litter, and tall grass
- When hiking, walk in the center of the trail when in woods or high grass. Stay away from brushy areas, high grass, and leaf litter
- Wear light-colored clothing to help you spot ticks more easily
- Wear long pants and long sleeves to help keep ticks off your skin
- Tuck your shirt into pants, and pants into socks, to keep ticks on the outside of clothing
- Use Environmental Protection Agency (EPA) registered insect repellents containing: DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), Para-menthane-diol (PMD) or 2-undecanone — always follow product instructions
- Do not use insect repellents on children younger than two months old
- Treat clothes with permethrin, but don't use permethrin directly on skin
- Check for ticks daily after being in potentially tick-infested areas
- Talk to your veterinarian about tick control products for your pets

Blacklegged Tick (*Ixodes scapularis*)



Lone Star Tick (*Amblyomma americanum*)



Dog Tick (*Dermacentor variabilis*)



CDC

RECOGNIZING TICKS THAT COMMONLY BITE HUMANS

- The most common ticks in Maryland are the blacklegged tick, the lone star tick, and the American dog tick
- Ticks can transmit infectious diseases when they bite you
- Not every tick bite transmits disease
- Some ticks are extremely small. The tick that transmits Lyme disease may be smaller than a sesame seed
- Many tickborne diseases have similar early symptoms, including fever, headache, fatigue, and possible rash
- Contact your health care provider if you develop any of these symptoms after a tick bite or after being in potentially tick-infested areas