

# GET OUTDOORS PA

Keep ticks in check while you enjoy nature!

**Be Prepared and Proactive.**



Ticks acquire Lyme and other tick-borne diseases (TBDs) from infected animals and pass them along to humans and animals.

## THE TICK:

### What You Need to Know



Ticks are tiny arachnids that cannot jump or fly.



Ticks dwell in grass, leaf matter and wood; they latch onto your feet or lower legs, crawling upwards on your body, seeking warm, dark areas to attach.

When hiking, stay in the **MIDDLE** of the path.

## Did You Know?

- ◆ Pennsylvania is #1 in confirmed Lyme disease cases.
- ◆ Ticks and risk of Lyme exist in every PA county.
- ◆ When caught early, Lyme can be treated more easily.
- ◆ Lyme and other tick-borne diseases can be serious but also preventable by avoiding high risk tick habitat areas; wearing the proper clothing and repellent; carefully examining yourself and your pets; and properly removing ticks, if found.
- ◆ A study found people wearing permethrin-treated sneakers and socks were 74 times less likely to have a tick bite.

## Common Ticks in PA

### Blacklegged "Deer" Tick



This tick is often found on deer. It can feed on humans throughout its life-cycle.

### American Dog Tick



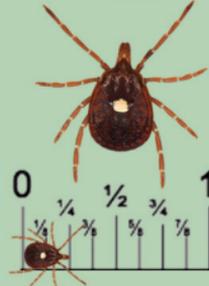
This is the most commonly found tick in PA and feeds on most mammals.

### Groundhog Tick



Feeds mostly on groundhogs but also on birds, small mammals and humans.

### Lone Star Tick



Has a distinctive white dot and can be found on various animals, including humans.

These ticks can carry more than Lyme disease.

Please visit [palyme.org](http://palyme.org) to learn more about all tick-borne illnesses and accompanying symptoms—this is helpful information to have if you need to seek medical attention due to a tick bite.

# TICK PREVENTION:

## Avoid direct contact with ticks.

**STAY ALERT:** Ticks like to dwell in tall vegetation and grass along the edges of woods and paths. They crawl to the top of grass, waiting to attach when you brush by.

### PROPER CLOTHING



**Wear light clothing, long pants and shirt, socks and suitable footwear. Consider treating shoes and clothing with permethrin.**

### SPRAY SKIN



**Apply insect repellents\***

\* Both conventional and botanical-based pesticides are recommended (CDC, EPA approved): DEET, Picaridin, oil of eucalyptus. Protection times vary widely—read your labels.

### BODY CHECK



**Thoroughly check body and shower immediately. Place clothes in high-heat dryer for 30 minutes. Routinely examine your pets as well.**

# SEEK MEDICAL ATTENTION

- ♦ if unable to remove an attached tick;
- ♦ if flu-like symptoms or rash develop between 1-30 days after infection (a bulls-eye or other rash may appear anywhere on the body);
- ♦ if you are pregnant or nursing and have been exposed to ticks; and
- ♦ if you feel very tired or have joint pain (especially redness and swelling), irregular heartbeats, severe headache or neck pain after possible exposure to ticks.



# TICK REMOVAL:

## Remove immediately!

**1** With tick tool or tweezers, grasp tick as close to skin as possible.



**2** Gently pull up slowly. Wait for tick to release. Do not twist.



**3** Clean hands and bite area with soap and water or antiseptic.



**4** Tape tick to index card (note date) and store in sealed bag in freezer for 2-3 months. If symptoms develop, see doctor. Consider testing tick (see palyme.org). Otherwise, discard.



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