

KNOW YOUR TICKS!!!

Adult Deer Ticks (Enlarged image)



The **Deer Tick** transmits Lyme disease in New England. Nymphal ticks, active from about **May—July**, are most responsible for human cases of Lyme disease. Adult ticks, also able to transmit infection, are active **October—December** and again from **April—June**.

Actual Size of the Deer Tick

Nymph	Adult	Engorged
(1/32"-1/16")	(1/8")	(up to 1/2")

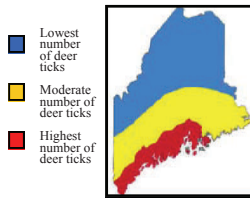
Adult Dog Ticks (Enlarged Image)



The American Dog Tick **does not** transmit **Lyme disease**, but can transmit other human diseases. It is found from **April - August**. Adults have white markings on their backs.

The Deer Tick in Maine

Although they can occur **statewide**, deer ticks are most abundant along the southern coast of Maine.



For more information:

-Maine Medical Center Research Institute Vector-borne Disease Lab

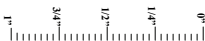
<http://www.mmcri.org/lyme/lymehome.html>

-Maine CDC Lyme Disease Resource Center

http://maine.gov/dhhs/boh/ddc/_lyme/lyme_1.htm

-United States CDC

<http://www.cdc.gov/ncidod/dvbid/lyme/index.htm>



Measure Your Tick!
Scrub tick, expresses 1/32 of an inch

Some people see an expanding red rash more than 2 inches across at the site of the tick bite, which may occur within a few days or a few weeks later.



Other symptoms may include:

- fatigue
- muscle and joint pain
- headache
- fever and chills
- facial paralysis

Deer ticks in Maine can also transmit other diseases, such as **babesia** and **human granulocytic anaplasmosis (HGA)**.

Precautions you can take to avoid tick bites:

- Wear light-colored clothing and tuck pant legs into socks.
- Use a **DEET** - based repellent on skin and clothing or a **permethrin** - based repellent for clothes only.
- **Inspect yourself closely for ticks** initially when you get in from outdoors and again in a few hours.
- **Shower and wash clothes as soon as possible.** Heat drying will kill ticks on clothing.

Remove Ticks Fast!

Ticks need to be attached for 36 hours to transmit Lyme disease. The longer they are attached, the better the chance you will get the disease. Ticks attach at body folds, behind the ears, and in the hair.


- Grasp the tick close to the skin with tweezers.
- Pull gently until the tick lets go.
- Other methods such as Vaseline, alcohol, and nail polish remover are not effective!




These other methods can actually increase the likelihood that you will get Lyme disease.

Please talk to your doctor if you remove an engorged deer tick from your body.

To protect pets, use repellents and acaricides, and for dogs, a Lyme disease vaccine.

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<http://publichealth.portlandmaine.gov>