



TICKS

AND PROTECTION AGAINST TICK BITES

COMMON HUMAN-BITING TICKS IN CALIFORNIA



Western black-legged tick
Ixodes pacificus



Pacific coast tick
Dermacentor occidentalis



American dog tick
Dermacentor variabilis

SOME TICKS CAN TRANSMIT DISEASE

- Lyme disease
- Ehrlichiosis
- Anaplasmosis
- Babesiosis
- Rocky Mountain spotted fever
- Tularemia
- Tick Paralysis

LOOK FOR THE TICKS!



- Check each other often while in tick habitat
- Inspect children carefully, particularly at the hair line
- Conduct daily full body check (hair line, armpit, back of knees, groin) at home, up to 3 days after returning from tick habitat
- Check pets, use tick repellents on them

TICK REMOVAL TECHNIQUE

- Use tweezers to grab the tick close to your skin
- Pull the tick firmly, straight out, away from the skin (do not jerk, twist, or burn the tick)
- Wash your hands and the bite site with soap and water after the tick is removed and apply an antiseptic to the bite site
- The sooner a tick is removed, the less likely it is that a person will be infected



PERSONAL PROTECTIVE MEASURES

- Avoid tick-infested areas
- Wear light-colored clothes
- Wear a hat, long-sleeved shirt, and long pants
- Tuck shirt into pants, pants into boots or socks
- Remove attached ticks promptly and properly



TICK REPELLENTS



- Apply DEET repellent (Cutter®, Off®, Repel®, Skintastic®, etc.) to skin not covered by clothing
- Treat clothing with permethrin repellent (Permonone®, Duranon®, etc.) as directed on label.

IF YOU GET BITTEN BY A TICK

- Remove all ticks promptly!
- If you develop a spreading rash or flu-like symptoms 1-30 days after bite, consult with your physician
- Let your physician know that you were bitten by a tick

Prevention of tick bites is key to prevention of disease

For more information, contact the
Vector-Borne Disease Section: 916-552-9730
www.cdph.ca.gov