

# TICK TALK SUMMARY

Missed the Tick Talk but interested in learning more about ticks and vector-borne disease? Read the brief summary below. Scan the QR code to go to JCPHS webpage with links to resources on ticks.



## NOT ALL TICKS CAN CARRY DISEASE, AND NOT ALL TICK BITES WILL MAKE YOU SICK.

4 species of ticks found in NYS that can potentially transmit diseases.  
Over 30 species of ticks in NYS.



**BLACKLEGGED  
(DEER) TICK**



**LONESTAR  
TICK**



**AMERICAN DOG  
TICK**



**GROUNDHOG  
(WOODCHUCK)  
TICK**

**LYME DISEASE IS TRANSMITTED THROUGH THE BITE OF AN INFECTED DEER TICK.**

**DEER DO NOT HARBOR THE BACTERIA THAT CAUSES LYME DISEASE, BUT OTHER HOSTS SUCH AS THE WHITE-FOOTED MOUSE AND CHIPMUNKS DO.**

**TICKS PICK UP THE BACTERIUM BY FEEDING ON THE INFECTED HOSTS.**

**IF YOU DEVELOP A RASH OR FEVER WITHIN THE NEXT MONTH AFTER REMOVING A TICK, SEE YOUR DOCTOR.**

### The Many Forms of Lyme Disease Rashes (Erythema Migrans)

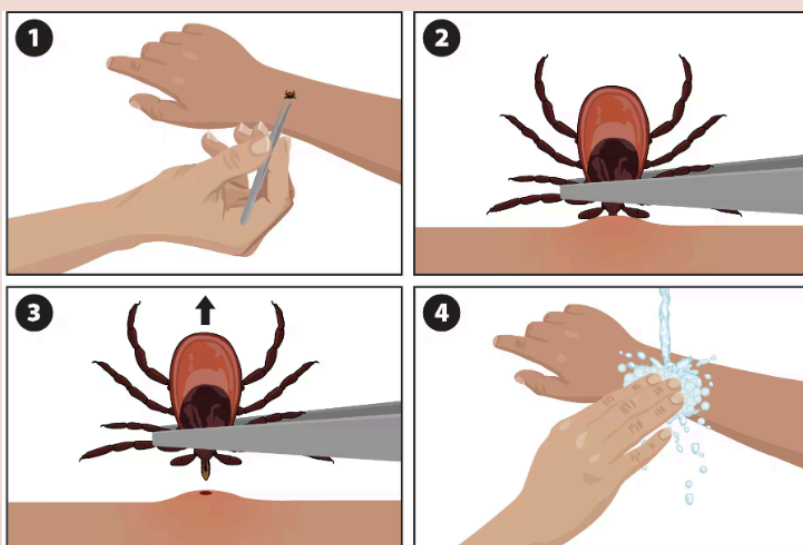


Most people with Lyme disease develop an erythema migrans rash at the site of the tick bite. The rash usually expands slowly over several days reaching up to 12 inches or more (30 cm) across. **However, not all rashes are a sign of Lyme disease.** The redness in the picture to the left is caused by irritation to the tick bite — not a tickborne infection.

Photo credits (from left, left to right): 1. Centers for Disease Control and Prevention; 2. Courtesy of Dr. Gary Wommersley, New York Medical College; 3. iStockphoto; 4. iStockphoto; 5. iStockphoto; 6. iStockphoto; 7. iStockphoto; 8. iStockphoto; 9. iStockphoto; 10. iStockphoto; 11. iStockphoto; 12. Centers for Disease Control and Prevention, Nipah/istockphoto

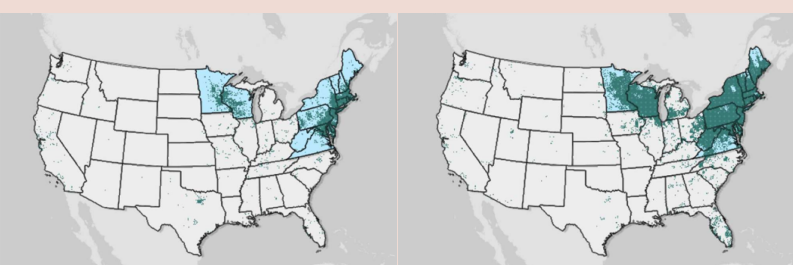
[https://www.cdc.gov/lyme/signs\\_symptoms/rashes.html](https://www.cdc.gov/lyme/signs_symptoms/rashes.html)

## HOW TO REMOVE A TICK



<https://www.cdc.gov/lyme/removal/index.html>

1. **Use clean, fine-tipped tweezers** to grasp the tick as close to the skin's surface as possible.
2. **Pull upward in steady motion.** Do not twist or jerk.
3. **Clean bite area & hands** with rubbing alcohol, iodine or soap & water.
4. **Never crush a tick with your fingers.** Dispose of a live tick by putting it in alcohol, placing in a sealed bag/container, wrapping tightly in tape, or flushing down the toilet.



### LYME DISEASE INCIDENCE RATE 2001 VS 2022

**\*GREEN DOTS ARE CASES OF LYME**

**CASES ARE REPORTED FROM THE INFECTED PERSON'S COUNTY OF RESIDENCE (WHERE KNOWN), NOT NECESSARILY THE PLACE WHERE THEY WERE INFECTED.**

<https://www.cdc.gov/lyme/datasurveillance/lyme-disease-maps.html>

## HOW TO PROTECT YOURSELF

- Avoid tick-infested areas (tall grass, leaf litter, stay on marked trails when hiking)
- Tuck pants into socks
- Wear light colored clothing (ticks are easier to see on light clothing)
- Use insect repellent
  - 30% DEET on clothes & skin
  - Treat clothes with permethrin
- **Do daily tick checks**
- Shower soon after coming indoors