

# QUICK TICK PREVENTION GUIDE

## WHEN OUTDOORS

HOW CAN I AVOID GETTING A TICK BITE?



Stay in the middle of the trail.



Use insect repellent on uncovered skin and over clothes.



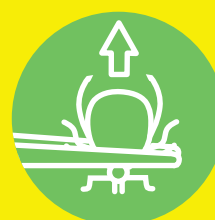
Wear light colored clothes to spot ticks more easily.

## AFTER COMING INSIDE

ACT FAST TO TACKLE TICKS



Do a full-body check after coming indoors.



Use tweezers to remove any ticks.



Take a shower.



Put your clothes in the dryer for 10 minutes on high heat to kill any ticks that may be attached.



Wear proper clothing and take other precautions against ticks when heading outdoors.

REVA JOHNSON

## BE ON THE LOOKOUT

What ticks can make me sick in Wisconsin?



### DEER TICK

(also called black-legged tick)

- Watch out for this one!
- Common
- Can spread many illnesses including Lyme disease, anaplasmosis, babesiosis, ehrlichiosis and Powassan virus.



### WOOD TICK

(also called dog tick)

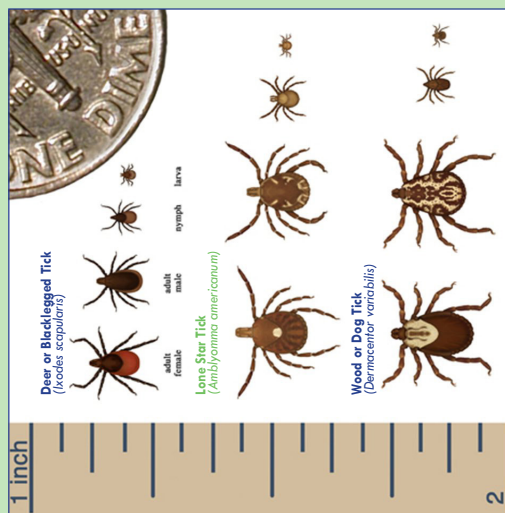
- Very common
- Can spread Rocky Mountain spotted fever and tularemia, though these diseases are rare in Wisconsin.



### LONE STAR TICK

- Rare
- Can spread ehrlichiosis and tularemia.

## WISCONSIN TICKS



**Deer or blacklegged ticks** can spread Lyme disease, babesiosis, anaplasmosis, certain species of ehrlichiosis, and Powassan virus. These ticks are found throughout Wisconsin.

**Lone Star ticks** can spread ehrlichiosis. These ticks are less common in Wisconsin. The females have a white dot on their back.

**Wood or dog ticks** can spread Rocky Mountain spotted fever and tularemia. These ticks are common throughout Wisconsin, but very rarely spread disease in our state.

### TICK BITES CAN MAKE YOU SICK

- Symptoms of illnesses spread by ticks can range from mild to severe. They can include fever, chills, sweats, rash, muscle aches, joint pain, headache, fatigue, nausea, and vomiting.
- It is important to treat illnesses spread by ticks early.

**Talk to your doctor if you have any of the symptoms above within 30 days of a possible tick bite.**

## MORE PREVENTION TIPS

INSIDE AND OUTSIDE

- Avoid tick-heavy areas such as tall bushes or vegetation, high grass and leaf litter.
- Perform daily tick checks, even if you were only in your yard.
- Wear long sleeves and long pants, with pant cuffs tucked into high socks, to further protect against tick bites.
- Try to prevent ticks on animals by not allowing them in tick-infested areas and using appropriate tick prevention treatments prescribed by a veterinarian.



Don't forget to check pets for ticks and use appropriate tick prevention measures.

DNR FILES

Tear along perforation, tri-fold and save.



Enjoy the outdoors but don't write off ticks — be aware and safe.

DNR FILES

## ABOUT LYME DISEASE

**Cause:** Lyme disease is acquired through the bite of a deer tick (*Ixodes scapularis*, also known as the black-legged tick) that is infected with the bacterium *Borrelia burgdorferi*. Either an adult or a nymphal stage tick (a young tick about the size of a poppy seed) can spread Lyme disease. A tick must be attached for at least 24 hours to spread the disease to a person.

### Signs and symptoms:

Early symptoms can show up three to 30 days after being bitten by an infected tick. If not treated, later symptoms can show up weeks to months later.

### EARLY SIGNS

- fever
- circular reddish rash (appears in 70% to 80% of cases)
- headache
- stiff neck
- muscle/joint pain

### LATE SYMPTOMS

- meningitis (brain swelling)
- facial muscle weakness
- heart abnormalities
- arthritis
- joint pain/swelling

### Treatment options:

Lyme disease can be treated with antibiotics. It is important to get treatment as soon as possible after signs and symptoms are noted.

## LYME DISEASE IN WISCONSIN

### ■ Occurrence in the state

Wisconsin is among the top 20% of states reporting high incidence of Lyme disease cases. Lyme disease has been reported in every county in Wisconsin. Geographically, Lyme disease incidence varies within the state, with the highest numbers occurring in the northwestern region.

### ■ Timing

The risk of tick exposure — and, thus, Lyme disease — occurs when it is warm enough for ticks to be active, usually from spring to autumn, with the majority of reported Lyme disease cases occurring between May and August. But ticks can be active anytime temperatures rise above 40 degrees, and some Lyme disease cases in Wisconsin are diagnosed in winter.

### ■ Climate change effects

Wisconsin has experienced a warmer and wetter climate in recent decades, and this increased humidity and temperature creates a hospitable

environment for ticks. More mild winters due to climate change also reduce winter tick mortality and allow for more months of the year when ticks are active. That can mean more chances of coming into contact with a tick despite the season.

### ■ Other considerations

Variable factors such as host populations for ticks, including deer and mice, and changes in land use can influence the number of infected ticks in the environment, affecting the risk of Lyme disease.

### ■ Prevention

Lyme disease can be prevented through personal behaviors such as using insect repellent, wearing permethrin-treated clothing and long-sleeved shirts and long pants tucked into socks or boots, avoiding tick-heavy areas such as tall grass or brush, checking for ticks after being in wooded, grassy or brushy areas and promptly showering to wash off any crawling ticks.

## TAKE A TICK KIT

When you head outdoors anywhere ticks might be present, take along a few items (easily carried in a zip-top bag) for preventive measures:

- Insect repellent wipes — for prevention;
- Fine-tipped tweezers — for tick removal;
- Plastic zip-top bag — to place removed tick; try to note time and place, in case you get sick;
- Alcohol swab singles — to clean bite area once tick is removed;
- Bandage — to cover bite; and
- Tick Safety Guide card — for reminders, information and additional resources.

— Source: Wisconsin Department of Health Services



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# TICK WARNING



Protect yourself and others from bites and Lyme disease.



Stay on track for tick bite prevention.

JOSEPH WARREN

Enjoying the outdoors is a big part of life in Wisconsin, but unwelcome companions can create challenges. Specifically, we're talking ticks, which can spread Lyme disease and other illnesses. This flyer aims to inform you about how ticks can make you sick and, more importantly, how you can protect yourself by minimizing risks and taking preventive measures against these tiny but potentially harmful arachnids.

Also included below is a Tick Safety Guide from the Wisconsin Department of Health Services, including details on ticks found in the state and tips for bite prevention and tick removal. Use the perforations to pull out the card, which can be tri-folded to wallet size and carried with you as you head out to have fun in Wisconsin's beautiful outdoors.

## How small are they?

Remember: The ticks that spread Lyme disease can be tiny — make sure to check yourself!

• actual size

Nymph deer tick (young tick)

• actual size

Adult deer tick

Tear along perforation, tri-fold and save.

**TICK BITE PREVENTION**

- Use repellents with 0.5% permethrin on clothing or 20%-30% DEET on uncovered skin.
- Wear light-colored clothing (including pants, long-sleeves, and socks) to help you spot ticks more easily.
- Do a full body tick check after being outside in areas with tall grass or woods.

**TICK REMOVAL**

- Using tweezers, grab the tick close to the skin and pull upwards (away from the skin).
- Do not twist, yank, or burn the tick during removal.
- Clean the bite site and your hands with rubbing alcohol or soap and water after removing the tick.



State of Wisconsin  
Department of Health Services  
Division of Public Health  
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**MORE INFORMATION**

Illnesses Spread by Ticks  
[dhs.wisconsin.gov/tick/](https://dhs.wisconsin.gov/tick/)  
**Wisconsin Ticks**  
[labs.russell.wisc.edu/wisconsin-ticks/](https://labs.russell.wisc.edu/wisconsin-ticks/)  
Or contact your local health department

# TICK SAFETY GUIDE

Wisconsin Department of Health Services

