

TAKE THESE STEPS TO REDUCE YOUR RISK...

Avoid High-Risk Areas

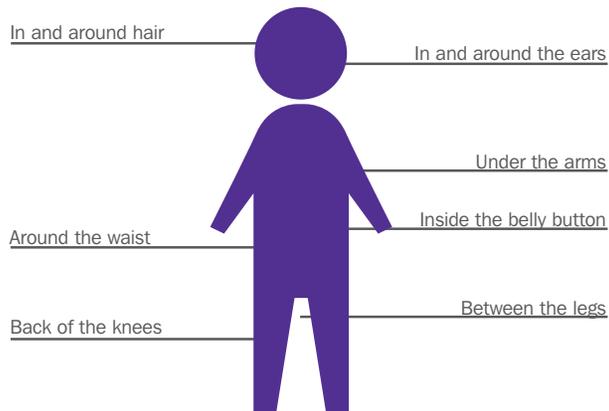
- Ticks prefer brushy areas with high grass and leaf litter
- They can be found at knee height clinging to the ends of tall grass or bushes

Keep Ticks Off Your Skin

- Liberally apply 0.5% permethrin spray to clothes and allow to dry
- Apply insect repellent containing 30+% DEET, or Oil of Lemon Eucalyptus, to clothes and skin
All of the above are available at local hardware and discount stores
- Light-colored clothing will help you spot ticks more easily

Perform Tick Check

- Put your dry, tick-exposed clothes in a clothes dryer on high heat for 10 minutes
- Check your body (armpits, in and behind the ears, groin region, along hairlines, behind knees, waist) after being outdoors then shower within 2 hours



IF YOU FIND AN EMBEDDED TICK...

Early tick removal may reduce the risk of infection of some tick-borne diseases. Follow these steps to safely remove ticks from animals and humans:

- Protect hands with a tissue or gloves to avoid contact with tick fluids
- Use tweezers or specialized tick removal tool to grasp the tick firmly at its head or mouth, next to your skin
- Pull firmly and steadily until the tick lets go of the skin
- Swab the bite site with alcohol or wash with soapy water
- Burn or flush the tick; or send in for disease testing to www.tickreport.com
- Contact your primary doctor if the tick has been embedded for 24+ hours
- Or visit an Express Care clinic:
SVMC Bennington, VT., 802-440-4077
BHS Pittsfield, MA., 413-997-0930

Source: Centers for Disease Control www.cdc.gov/lyme

TICKS

and how to avoid them
at Williams College and
nearby areas



RECOGNIZE A DEER TICK



Larva, nymph, adult male, and adult female *Ixodes scapularis* (Deer/Blacklegged tick)

After a tick has inserted its mouth into the host animal's skin, it will gradually engorge as it fills with blood. Ticks are slow feeders; a complete blood meal can take several days.

TICK-BORNE DISEASES

Ticks found in New England may carry serious diseases with similar symptoms, including:

- Lyme Disease
- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Southern tick-associated rash illness (transmitted by the lone star tick)
- Tularemia
- Powassan encephalitis

LYME DISEASE

What is Lyme Disease?

Lyme Disease (LD) is an infectious bacterial disease causing illness in humans and other mammals.

How is Lyme Disease spread?

LD is transmitted to humans and pets through the bite of a Blacklegged (Deer) tick infected with the bacterium *Borrelia burgdorferi*. Typically, the tick must feed on its host for at least 36 hours in order to spread the disease.

Where do cases occur?

LD is prevalent throughout New England. In 2015, the CDC reported nearly 3,000 cases of the disease in Massachusetts alone!

Why is LD dangerous?

LD manifests itself in a variety of ways; thus symptoms may vary from person to person. Infected persons may experience any number of the following symptoms:

- Rash (delayed onset, bull's-eye appearance)
- Fever
- Muscle and joint aches Chills
- Fatigue
- Swollen lymph nodes

If left untreated, LD may cause severe joint pain, arthritis, and neurological problems.

When is the risk highest?

Deer ticks can bite and spread LD year round and at any stage of their life cycle. In the developmental nymph stage, which occurs in early summer, ticks are only one millimeter in length. Thus, they can be especially difficult to detect in May, June, and July.



"Classic" Lyme disease rash may appear 3–30 days after a bite, however not all tick bites will produce a rash.