

Ticks!

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Ticks!

GARRAPATAS!



As we start spending more time outdoors, we have to be aware of the risk of exposure to ticks.

Gardening, walking, camping, hiking, and just playing outdoors are all great spring and summertime activities, but make tick protection part of your outdoor plans as well. Any contact with vegetation, even playing or gardening in the yard, can result in exposure to ticks. Ticks can be found in local parks and open spaces. They can lurk in moist, shaded woods, or dense weeds.

Ticks cannot jump or fly, and do not drop from above onto a passing animal. Potential hosts (which include all wild birds and mammals, domestic animals, and humans) acquire ticks only by direct contact with them. Once a tick latches onto human skin it generally climbs upward until it reaches a protected or creased area, often the back of the knee, groin, navel, armpit, ears, or nape of the neck. It then begins the process of inserting its mouthparts into the skin until it reaches the blood supply.

Ticks can carry Lyme disease, tularemia, or other diseases. These diseases can affect a person's health for months or years.



Tularemia

Ticks get tularemia by biting infected rodents, rabbits and other animals. Symptoms in humans include lymph node swelling, headache, and fever. Other symptoms include a skin ulcer at the site of the bite, fatigue, body aches, and nausea. It is not transmitted from person to person. It can cause death in rare cases. Tularemia also can be transmitted by handling or eating infected meat, or drinking water contaminated by an infected animal.



Lyme disease

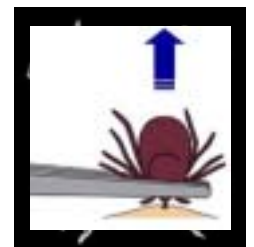
Lyme disease is a bacterial disease. It is not transmitted from person to person. It usually starts with a circular rash at the site of the tick bite. Flu-like symptoms and joint aches may follow. Without treatment, symptoms including arthritis, severe headache, temporary muscle paralysis of facial muscles, and possible development of heart disease may persist for years in the human body. It can be treated with antibiotics. Some people have Lyme disease and do not have any early symptoms. If the disease is not treated, a few patients can get

additional symptoms, such as swelling and pain in major joints or mental changes, months after getting infected.



How can I protect myself from the Ticks

- Whenever possible, you should avoid entering areas that are likely to be infested with ticks, particularly in spring and summer .
- If you are in an area with ticks, you should wear light-colored clothing so that ticks can be spotted more easily and removed before becoming attached.
- If you are in an area with ticks, wear long-sleeved shirts, and tuck your pants into socks. You may also want to wear high rubber boots (since ticks are usually located close to the ground).
- Application of insect repellents containing DEET to clothes and exposed skin, and permethrin (which kills ticks on contact) to clothes, should also help reduce the risk of tick attachment. DEET can be used safely on children and adults but should be applied according to Environmental Protection Agency guidelines to reduce the possibility of toxicity.
- Since bacterial transmission from an infected tick is unlikely to occur before 36 hours of tick attachment, check for ticks daily and remove them promptly. Embedded ticks should be removed by using fine-tipped tweezers. Cleanse the area with an antiseptic.
- You can reduce the number of ticks around your home by removing leaf litter, and brush- and wood-piles around your house and at the edge of your yard. By clearing trees and brush in your yard, you can reduce the likelihood that rodents, and ticks will live there.



For information, contact the DEH Vector Control Program at (858) 694-2888, or go to

www.SdVector.com

or visit the Centers for Disease Control and Prevention web site, www.cdc.gov, and click on Diseases and Conditions.

