



## Toolbox Talk: Ticks

**Ticks** come in three main varieties in New York; the American dog tick, the lone star tick, and the deer tick (black-legged tick). The **deer tick** is the primary concern in our area.

### **Lyme Disease**

Is a bacterial infection caused by the bite of an infected deer tick. Symptoms may be mild at first and easily missed. If you find a tick attached to your skin, remove it with tweezers and watch for symptoms. The bullseye rash is common near the site of the tick bite and might appear between 3-30 days after the tick bite. You might also experience joint pain, chills, fever and fatigue. These symptoms may seem mild at first but as the disease progresses you may experience severe fatigue, severe headaches, a stick neck, tingling and numbness in your arms and legs, or facial paralysis.



Deer Tick

### **Seek Medical Attention**

When you experience a rash or the above symptoms 3-30 days after removing a tick.

### **Protect Yourself**

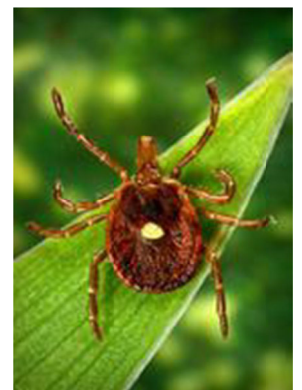
- Avoid contact with soil, leaf litter, and vegetation such as shrubbery.
- Wear light colored clothing with a tightly woven fabric to spot ticks easier.
- Wear enclosed shoes, long pants, and a long-sleeved shirt.
- Tuck your pant legs into your socks or boots and tuck your shirt into your pants.
- While you are outdoors frequently check your clothing and any exposed skin.
- Consider using insect repellent on your skin or on your clothing.
- Stay on cleared, well-traveled paths. Walk in the center of the trails.
- Avoid dense woods and bushy areas.
- Keep any long hair tied back.
- Bathe or shower as soon as possible after going indoors (preferably within a couple hours) to wash off and easily find ticks that may be on you.
- Do a final, full-body tick check at the end of the day and remove any ticks you found promptly. Check your armpits, behind the knees, neckline, and around the groin.



Dog

### **Removing Ticks**

- Get a pair of tweezers.
- Clamp down on the tick as close to its head as possible and pull slowly and steadily to avoid leaving any mouth parts behind.
- Wash the target area with soap and water or rubbing alcohol.



Lone-Star Tick