

Protect Yourself from Ticks Where You Work



DRESS CORRECTLY

- Light colored protective clothing
- Long sleeves and pants
- Shirt tucked in

USE EPA-REGISTERED TICK REPELLENTS

- Repellent with DEET ($\geq 20\%$)
- Repellent with Picaridin
- Treat clothing with permethrin or spray with DEET
- Follow label directions

LOOK FOR TICKS ON YOURSELF & OTHERS

- Often ticks are visible crawling up clothing

WASH CLOTHING AND SHOWER SOON AFTER RETURNING FROM A TICK INFESTED AREA

CHECK YOURSELF FOR TICKS FOR 2 - 3 DAYS AFTER RETURNING FROM TICK HABITAT

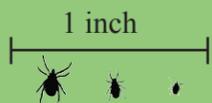
- Hairline, behind knees, and groin area

Symptoms of Tick-borne Diseases

Most tick related illnesses have flu-like symptoms that develop 2 days to several weeks after being bitten by a tick. Tick-borne diseases can be serious if not treated!

SEVERAL KINDS OF TICKS IN CALIFORNIA CAN TRANSMIT DISEASE

Actual size of western black-legged tick



From left to right: adult female, adult male, nymph



Female western black-legged tick



Female Pacific coast tick

Prevent a Tick Bite

Prevent a Tick-borne Disease!

TIMING IS EVERYTHING!

If you find a tick biting you, remove it promptly. It takes several hours for an attached tick to infect a person with a disease-causing organism.



Signs of a Tick Bite

Painful redness that does not expand and occurs less than 24 hours after being bitten is likely to be a local allergic reaction to the tick's saliva.

Tick-borne Diseases in California

- Anaplasmosis (HGA)
- Lyme disease
- Rocky Mountain spotted fever
- Tick-borne relapsing fever
- Tularemia



HOW TO REMOVE A TICK

1. Grab the tick close to the skin with a tweezers or tissue and pull straight out, using a firm, steady motion.
2. Wash your hands and the bite site with soap and water.
3. Apply antiseptic to the bite site.
4. See a doctor if you develop a rash, flu-like symptoms or a fever. Tell the doctor you were bitten by a tick.

For more information contact the Vector-Borne Disease Section (916) 552-9730, www.cdph.ca.gov or the Centers for Disease Control and Prevention, <http://www.cdc.gov/niosh/topics/tick-borne/>