Protect Yourself from Ticks Where You Work

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.

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!

Prevent a Tick Bite
Prevent a Tick-borne Disease!

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.

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

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

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/