**WHAT ARE TICKS?**

Ticks are small, spider-like creatures that feed by attaching to animals and sucking blood.

**COMMON HUMAN-BITING TICKS IN CALIFORNIA**

- American dog tick: *Dermacentor variabilis*
- Pacific coast tick: *Dermacentor occidentalis*
- Western black-legged tick: *Ixodes pacificus*

**WHERE ARE TICKS FOUND IN CALIFORNIA?**

Ticks are found in natural areas that have grasses, shrubs, or leaf litter under trees.

- Uphill side of trails
- Mixed hardwood forests
- Leaf litter
- On logs and fallen branches

**PERSONAL PROTECTIVE MEASURES**

- Avoid tick-infested areas
- Wear light-colored clothing
- Wear a hat, long sleeved shirt, and long pants
- Tuck shirt into pants, pants into boots or socks
- Use effective tick repellents
- Check yourself, children (especially at hair line), and pets regularly while in tick habitat
- Conduct daily full body check (hair line, armpit, back of knees, groin) at home, up to 3 days after returning from tick habitat
- Remove attached ticks promptly and properly

**TICK REPELLENTS**

- Apply DEET repellent (Cutter®, Off®, Repel®, SkinSoothe®, etc.) to skin that is not covered by clothing
- Treat clothing with permethrin repellent (Permanone®, Duranon®, etc.) as directed on label.

**HOW DO I PROTECT MYSELF AGAINST TICK BITES?**

**WHAT DO I DO IF I'VE BEEN BITTEN BY A TICK?**

- Promptly remove tick
- If you develop any symptoms 1-30 days after bite, consult with your physician
- Let your physician know that you were bitten by a tick

**PREVENTION OF TICK BITES IS KEY TO PREVENTION OF DISEASE**

- Use tweezers to grab the tick close to your skin
- Pull the tick firmly, straight out, away from the skin (do not jerk, twist, or burn the tick)
- Wash your hands and the bite site with soap and water after the tick is removed and apply an antiseptic to the bite site
- The sooner a tick is removed, the less likely it is for a person to become infected.

**SOME TICKS CAN TRANSMIT DISEASE**

- Lyme disease
- Ehrlichiosis
- Anaplasmosis
- Babesiosis
- Rocky Mountain spotted fever
- Tularemia
- Tick paralysis

**LYME DISEASE IS THE MOST COMMON TICK-BORNE DISEASE IN CALIFORNIA**

*Ixodes pacificus* ticks get the Lyme disease bacteria from infected rodents. Humans get Lyme disease from the bite of an infected *Ixodes pacificus* tick.

**SIGNS AND SYMPTOMS OF LYME DISEASE**

- Erythema migrans
  - Expanding rash 1-30 days following tick bite
  - Rarely itching or painful
  - May be confused with allergic reaction to tick bite
  - Allergic reactions occur 1-24 hours after bite and do not spread
- Flu-like symptoms
  - Fever, chills, fatigue
  - Muscle aches, joint pain
  - Headache
- Nervous system problems
  - Weakness of some muscles in the face
  - Numbness, tingling, or pain in the arms and legs
- Heart problems
  - Disturbances in the heart rhythm
- Muscle and skeletal symptoms
  - Arthritis in one or few joints

**WHAT ARE TICKS IMPORTANT?**

- Lyme disease
- Ehrlichiosis
- Anaplasmosis
- Babesiosis
- Rocky Mountain spotted fever
- Tularemia
- Tick paralysis

**WHO, WHAT, WHERE?**

- Who gets it:
  - Humans
  - Pets
- What gets it:
  - Ticks
  - Animals
  - Plants
- Where it occurs:
  - Natural areas
  - Backyards
  - Workplaces

**FOR MORE INFORMATION, CONTACT THE VECTOR-BORNE DISEASE SECTION:**

- Phone: 916-552-9730
- Website: [https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Tick-Borne-Diseases.aspx](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Tick-Borne-Diseases.aspx)