

Tick Awareness

It's summer and that means going outside! Whether you are camping, hiking or just out in nature, there are always critters to be aware and on the look out for. For instance, we may take precautions such as hiding our food from bears, applying mosquito repellent, even knowing which colors and snakes to look out for to identify harmful snakes. Unfortunately, we are not always on the look out for smaller creatures, such as ticks.

What are they?

Ticks are tiny arachnids and can carry bacteria and viruses.

Where can they be found?

Fields and wooded areas in all parts of the U.S. especially during warmer months

*** They cause hundreds of thousands of disease infections in the U.S. each year, according to the CDC

How to Avoid Ticks

- Wear insect repellent with DEET
- Treat clothing with permethrin, an insecticide
- Avoid brushing by vegetation and stay in the middle of trails when hiking
- Wear long sleeves and long pants tucked into your socks/
- Shower or bathe after being outdoors to wash off any ticks before they attach
- Wash clothes on a hot setting once returning inside
- Perform a "tick check" to inspect your body and your children for ticks.

What do I do if I find a tick on myself?

You can remove the tick by yourself using tweezers. Grab the tick with tweezers as close as possible to the skin and pull back.

- MAKE SURE ENTIRE TICK IS IN ONE PIECE
- Be careful – DO NOT leave the head in your skin.
- Consider the possibility it may have transmitted a virus or bacteria to you

What diseases or viruses are possible?

Northeast/ Upper Midwest/ Pacific Coast: Lyme disease, anaplasmosis, babesiosis, and Powassan virus.

Southeast: Ehrlichiosis, STARI, and Rocky Mountain spotted fever.

West/ Southwest: Tick-borne relapsing fever and Colorado tick fever are prevalent.

Across the country: Tularemia can be found.

**DID YOU KNOW YOUR EAP, ULLIANCE, OFFERS
LEGAL & FINANCIAL ADVICE?**

*Life can be hard. Talking is easy.
Contact us; we're here to help! -*

800.448.8326

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