

What should I do if I notice a tick attached to me?

• **Remove tick.**

Grasp tick with tweezers as close to the skin as possible, pull straight out



Tick Removal

• **Place tick** in small container or vial

• **Label container** with the date, town/area where tick was acquired, approximate length of time tick was attached, and person's name

• **Contact your physician** to discuss possible treatment

DO NOT: burn, squeeze, or smother tick
These actions could increase your chances for infection

How can I avoid TBDs?

• **Wear protective clothing** (long sleeve shirt, pants, tuck in shirt and tuck pants in socks)

• **Use repellants**

- Greater than 25% DEET
- Treat clothes with permethrin

• **Limit exposure** to tick habitats (woody and brushy areas) and use caution when entering these areas

- Stay on paths
- Don't sit on logs/in leaf litter

• **CHECK YOURSELF** IN MIRROR after being in tick habitats and remove any ticks that may be attached!!!!!!

For more information about tick-borne diseases:

Wisconsin Department of Health Services

Tick-borne diseases information page:

<http://www.dhs.wisconsin.gov/communicable/TickBorne/index.htm>

Monroe County Health Department

14301 County Highway B

Sparta, WI 54656

608-269-8666

This educational material has been reviewed and is supported by the Fort McCoy Natural Resources Branch and Installation Safety Office.

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References: Centers for Disease Control and Prevention:

<http://www.cdc.gov/ncidod/dvbid/index.html>

Wisconsin Department of Health Services:

<http://www.dhs.wisconsin.gov/communicable/TickBorne/index.htm>

This material, compiled for Fort McCoy by Michigan State University researchers, is based upon work supported by the National Science Foundation under Grant Number EF-0914476 (The Lyme Gradient Project). Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the National Science Foundation.



The Lyme Gradient Project seeks to better understand the ecological determinants that contribute to the distribution of the Lyme disease pathogen.

For more information about this project please visit us:

http://wildlifehealth.tennessee.edu/lyme_gradient/index.htm



TICKS AND TICK-BORNE DISEASES AT FORT MCCOY

Fight the Bite



G. Hickling



G. Hickling

“Deer tick” nymphs host-seeking (top) and walking on a penny (bottom)

General Information

Ticks progress through 3 life stages after hatching. To move from one stage to the next, they must take a blood meal from a host. Transmission of disease occurs when ticks bite infected hosts and then pass disease on to subsequent animals they feed on, including humans. Ticks are often found in woody, brushy, and tall grass habitats.

Diseases spread to humans by ticks are known as tick-borne diseases (TBD). Most TBDs are treatable with prescription medications (usually antibiotics).

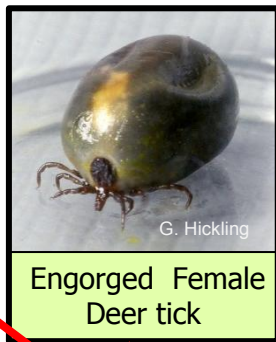
Fever, headache, fatigue, muscle/joint aches, and rash are associated with TBDs. If you experience ANY of these symptoms, promptly consult a physician.

Early detection of TBDs increases the success of treatment.



G. Hamer

Female Deer tick



G. Hickling

Engorged Female Deer tick



Wood tick adults

Ticks can markedly differ in appearance

Ticks Collected at Fort McCoy



Pick your Ticks!

1. Blacklegged ("Deer") Tick

(*Ixodes scapularis*)

Adult female (left)

Adult male (middle)

Nymph (right)

- Adult tan to black, with black/dark brown legs

2. Dog ("Wood") Tick

(*Dermacentor variabilis*)

Adult female (left)

Adult male (right)

- Adult dark purple-red with cream-colored markings on back

3. Lone Star Tick (Rare in WI)

(*Amblyomma americanum*)

Adult female

- Adult tan with white/iridescent spot or flecks

Ticks pictured above were collected during
Summer 2010

Tick-borne Diseases in Wisconsin

Disease	Tick That Can Carry It
Lyme disease	 All 4 diseases carried by Blacklegged("Deer") Tick
Anaplasmosis	
Ehrlichiosis	
Babesiosis	
VERY Rare TBDs in Wisconsin (2):	
Rocky Mountain Spotted Fever	 Dog("Wood") Tick &  Lone Star Tick
POW Virus	 Blacklegged("Deer") Tick (Powassan encephalitis)

VERY Rare TBDs in Wisconsin (2):



Fever, headache, fatigue, muscle/joint aches, and rashes are common symptoms associated with TBDs. If you experience ANY of these symptoms after potential tick exposure, promptly consult a physician to discuss treatment options.



Deer tick nymph

Nymphs are often hard to detect due to their small size



Bull's-eye Rash
(*Erythema migrans*)