

# Tick Borne Diseases

April 2024

# Tick Facts

- ▶ Obligate blood-feeders that require an animal host to survive and reproduce.
- ▶ 850 species of ticks exist world wide, about 80 species exist in the United States. Of these 80 species, only about 12 of them pose major public health concerns.
- ▶ Ticks are most active from April-September.
- ▶ Tick associated diseases in the United States include: Lyme disease, Anaplasmosis, (formerly known as human granulocytic ehrlichiosis), Babesiosis, Ehrlichiosis, Powassan virus, Borrelia miyamotoi, Borrelia mayonii, Rocky Mountain spotted fever, and Tularemia with the greatest attention given to **Lyme disease, Babesiosis and Ehrlichiosis.**
- ▶ For further information and specific signs and symptoms of these diseases please review CDC guidelines:
  - ▶ <https://www.cdc.gov/ticks/tickbornediseases/lyme.html>
  - ▶ <https://www.cdc.gov/ticks/tickbornediseases/babesiosis.html>
  - ▶ <https://www.cdc.gov/ticks/tickbornediseases/ehrlichiosis.html>

# Prevention

- ▶ Know where to expect ticks. They live in grassy, brushy and wooded areas. Essex County has many grassy marshlands, wetlands and state and federal parks.
- ▶ Clear tall grasses, brush and leaves around homes and lawns. Clear debris around the home that may attract rodents or provide hiding places for ticks.
- ▶ Wear protective clothing while in areas likely to be infested with ticks.
- ▶ Treat clothing and gear with tick repellants.
- ▶ Inspect your entire body, pets and gear after being outdoors.
- ▶ Use the following links for more information on preventing tick bites in people, on pets and in yards.
- ▶ [https://www.cdc.gov/ticks/avoid/on\\_people.html#:~:text=Know%20where%20to%20expect%20ticks.&text=Many%20people%20get%20ticks%20in,remain%20protective%20through%20several%20washings](https://www.cdc.gov/ticks/avoid/on_people.html#:~:text=Know%20where%20to%20expect%20ticks.&text=Many%20people%20get%20ticks%20in,remain%20protective%20through%20several%20washings)
- ▶ [https://www.cdc.gov/ticks/avoid/on\\_pets.html](https://www.cdc.gov/ticks/avoid/on_pets.html)
- ▶ [https://www.cdc.gov/ticks/avoid/in\\_the\\_yard.html](https://www.cdc.gov/ticks/avoid/in_the_yard.html)

# Treating a Tick Bite

- ▶ Remove tick from skin using fine-tipped tweezers and thoroughly clean the area.
- ▶ See this link for step-by-step instructions of removing a tick.  
[https://www.cdc.gov/ticks/removing\\_a\\_tick.html](https://www.cdc.gov/ticks/removing_a_tick.html)
- ▶ Consider the need for contacting your healthcare provider.
- ▶ Monitor yourself for symptoms of tick borne illness for 30 days.



HAVE A SAFE AND HEALTHY SUMMER

# RESOURCE LIST:

- ▶ Centers for Disease Control and Prevention. (2022a). Tickborne Diseases of the United States: Lyme Disease. Retrieved from <https://www.cdc.gov/ticks/tickbornediseases/lyme.html>
- ▶ Centers for Disease Control and Prevention. (2022b). Tickborne Diseases of the United States: Babesiosis. Retrieved from <https://www.cdc.gov/ticks/tickbornediseases/babesiosis.html>
- ▶ Centers for Disease Control and Prevention. (2023). Tickborne Diseases of the United States: Ehrlichiosis. Retrieved from <https://www.cdc.gov/ticks/tickbornediseases/ehrlichiosis.html>
- ▶ Centers for Disease Control and Prevention. (2020). Ticks: Preventing Tick Bites. Retrieved from [https://www.cdc.gov/ticks/avoid/on\\_people.html#:~:text=Know%20where%20to%20expect%20ticks.&text=Many%20people%20get%20ticks%20in,remain%20protective%20through%20several%20washings](https://www.cdc.gov/ticks/avoid/on_people.html#:~:text=Know%20where%20to%20expect%20ticks.&text=Many%20people%20get%20ticks%20in,remain%20protective%20through%20several%20washings)
- ▶ Centers for Disease Control and Prevention. (2018). Ticks: Preventing ticks on your pets. Retrieved from [https://www.cdc.gov/ticks/avoid/on\\_pets.html](https://www.cdc.gov/ticks/avoid/on_pets.html)
- ▶ Centers for Disease Control and Prevention. (2019). Ticks: Preventing ticks in the yard. Retrieved from [https://www.cdc.gov/ticks/avoid/in\\_the\\_yard.html](https://www.cdc.gov/ticks/avoid/in_the_yard.html)
- ▶ Centers for Disease Control and Prevention. (2022). Ticks: Tick removal. Retrieved from [https://www.cdc.gov/ticks/removing\\_a\\_tick.html](https://www.cdc.gov/ticks/removing_a_tick.html)
- ▶ Massachusetts. Department. of Public Health. Division of Epidemiology and Immunization. (2009). Tick-borne diseases in Massachusetts; a physician's reference manual.
- ▶ Stafford, Kirby Chase, 1953- (2004). Tick management handbook : an integrated guide for homeowners, pest control operators, and public health officials for the prevention of tick-associated disease.