

# Protect Yourself!

Ticks can secrete small amounts of saliva with anesthetic properties so that the animal or person can't feel that the tick has attached itself.

Tick-borne diseases generally occur during the summer months when ticks are most active, but can occur year round.

There are currently no vaccines available for Anaplasmosis, Lyme disease, or Rocky Mountain spotted fever.

## PERSONAL PROTECTIVE MEASURES

### While outside

- ⇒ Avoid tall grass and over-grown areas
- ⇒ Walk in the middle of trails when hiking
- ⇒ Consider using tick repellent
- ⇒ Tuck pant leg into socks
- ⇒ Wear long-sleeved shirts & closed shoes
- ⇒ Wear light colored clothes to see the ticks easier

### After coming inside

- ⇒ Bathe as soon as possible
- ⇒ Conduct full-body tick check
  - ✓ Hair/ head
  - ✓ Under arms
  - ✓ In and around ears
  - ✓ Inside belly button
  - ✓ Behind knees
  - ✓ Between the legs
  - ✓ Around the waist
- ⇒ Check your gear
- ⇒ Check your pets

\* If you experience any symptoms listed in this brochure, or have additional questions, please contact your physician.

\* Talk to your veterinarian about pet protection.

# NAUGATUCK VALLEY HEALTH DISTRICT

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# Ticks and Tick-borne Diseases

BASIC INFORMATION  
FOR RESIDENTS OF THE  
NAUGATUCK VALLEY  
HEALTH DISTRICT

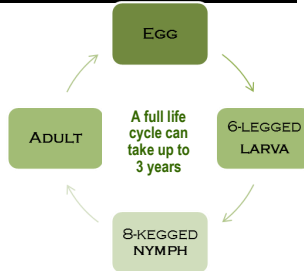


PROVIDED BY THE  
NAUGATUCK VALLEY HEALTH DISTRICT

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# General Facts

Most ticks go through 4 life stages: egg, larva, nymph, & adult. They need to eat blood at every stage to survive, causing many to die before completing a full life cycle.



Ticks can't fly or jump, but many tick species wait in a position known as "questing"

- CDC, 2015

Questing is when ticks hold onto leaves & grass by their 3rd & 4th pair of legs waiting for a host to brush by so it can quickly climb aboard.

## How Ticks Spread Disease

Ticks can transmit pathogens that cause disease through the process of feeding. If the host animal has a blood-borne infection, the tick will ingest the pathogens with the blood.

During the feeding process, small amounts of saliva from the tick might enter the skin of the host animal, which is how pathogens can be transmitted to the host animal.

Did you know?  
A tick can suck blood slowly for several days

## Lyme disease

- Caused by bacteria called *Borrelia burgdorferi*
- Transmitted through bite of infected black-legged or deer tick
- Symptoms generally appear 3-32 days after the bite
  - ⇒ Red rash around area of tick bite
  - ⇒ Flu-like symptoms (muscle aches, fatigue, fever)



Centers for Disease Control and Prevention, <http://phil.cdc.gov/phil/>

## Anaplasmosis (HGA)

- Formerly known as human granulocytic ehrlichiosis
- Caused by bacteria called *Anaplasma phagocytophila*
- Transmitted through bite of infected black-legged or deer tick
- Symptoms generally occur 7-21 days after the bite
  - ⇒ Onset of fever, headache, muscle aches, and/or fatigue
  - ⇒ Nausea, vomiting or rash may be present in some patients

## Babesiosis

- Caused by a parasite called *Babesia microti*
- Transmitted through bite of infected deer tick
- Symptoms generally occur 1-4 weeks after the bite
  - ⇒ Fever, chills, muscle aches, and/or fatigue
  - ⇒ Jaundice secondary to hemolytic anemia (destruction of red blood cells)

## Tick Species in CT

### BLACKLEGGED (DEER) TICK (*Ixodes scapularis*)



#### Where:

Northeastern & Midwestern U.S.

**Transmits:** Lyme disease, anaplasmosis, babesiosis, & Powassan disease

#### Stage most likely to bite:

Nymphs & adult females

### LONE STAR TICK (*Amblyomma americanum*)



#### Where:

Eastern & Southeastern U.S.

**Transmits:** *Ehrlichia chaffeensis* & *Ehrlichia ewingii*  
Ehrlichiosis, tularemia, STARI

#### Stage most likely to bite:

Nymphs & adult females

### AMERICAN DOG TICK (*Dermacentor variabilis*)



#### Where:

Eastern & Southeastern U.S.

#### Transmits:

Tularemia & Rocky Mountain spotted fever

#### Stage most likely to bite:

Nymphs & adult females

\*Dog ticks are not tested by the CT Agricultural Experiment Station because RMSF is relatively rare in CT.

### FOR MORE INFORMATION

[HTTP://WWW.CDC.GOV/TICKS](http://www.cdc.gov/ticks)

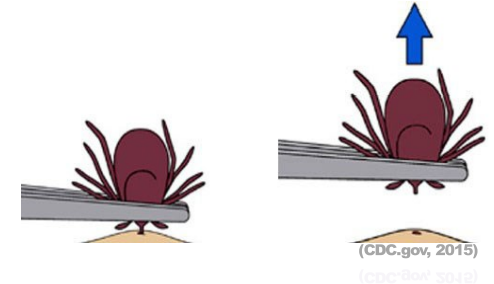


## Find a Tick?

### Don't Panic!

Use these tips to remove the tick as quickly as possible...

- ⇒ Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible
- ⇒ Pull upward with steady, even pressure



(CDC.gov, 2015)

- ⇒ After removing the tick, thoroughly clean the bite area and your hands with soap & water, then apply antiseptic
- ⇒ Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container
  - ⇒ Bring sealed container to NVHD to submit tick for testing; or
  - ⇒ Flush it down the toilet
- ⇒ Write on a calendar the date you removed the tick & the part of the body from which it was removed

### Remember:

- ⇒ Don't twist or jerk the tick; this can cause the mouth-parts to break off & remain in the skin
- ⇒ Never crush a tick with your fingers
- ⇒ Avoid folklore remedies such as using heat to make the tick detach from the skin

## TICK TESTING

Ticks found on humans can be submitted to The Connecticut Agricultural Experiment Station (CAES) for testing through the NVHD. Please bring the tick in a sealed bag or container. NVHD will contact you with your results. There is a \$5.00 fee per tick.