



TICK ID CARD

631-726-TICK

TICK-BORNE DISEASE

RESOURCE CENTER
 SOUTHAMPTON HOSPITAL

TICK DISEASE INFORMATION

The East End's danger season for tick-related diseases is April-October, although ticks can bite at any time during the year. Learn to recognize the ticks on this card. Ticks can transmit Lyme Disease, Babesiosis, Ehrlichiosis, Rocky Mountain Spotted Fever, Anaplasmosis and other serious diseases. Check for ticks daily, especially on children and pets. Create a "tick-safe" yard by mowing frequently and keeping brush and leaves raked. Pull socks over pant legs, tuck in shirts when outdoors to prevent ticks from climbing under clothing. Insect repellent can be helpful in keeping ticks off the body. Shower as soon as possible after spending time outdoors in a tick danger area. Use this chart to identify any ticks you find:

IDENTIFY

If you, your family or your pets are outdoors, check for ticks daily, especially on your children and **be aware** of these ticks:

Deer or Black-Legged Tick

Ixodes scapularis



larvae

Actual Size



nymph



adult

With no white markings, they are brown to black in color and are very, very small.

Lone Star Tick

Ambylomma americanum



larvae

Actual Size



nymph



adult

Tannish red. Females have a light-colored spot at center of back and are aggressive. Males have light-colored marks at edges of back.

American Dog Tick

Dermacentor variabilis



larvae

Actual Size



nymph



adult

Larger in size, brown to reddish brown with gray-silver markings on its back, behind the mouth.

HOW TO REMOVE AN ATTACHED TICK

If you find a tick embedded on your body: with a slow and steady motion, **gently** pull it straight up and out with fine-tipped tweezers by placing them as close to the skin as possible. Try to grab the tick's head or just above it. If the tick breaks, don't be alarmed because disease transmission is less likely without the tick's whole body. Disinfect the bite area with rubbing alcohol or soap and water. If you develop a rash, aches, fever or flu-like symptoms, see a physician right away. If at all possible, save the tick in a pill bottle to show to your doctor for identification. For more info visit **www.eastendtickresource.org** or call **631-726-TICK**. Every year, thousands of these Tick ID Cards are distributed throughout the South and North Forks. All produced with generous support from:

EAST END
 EST. 1997
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CONTROL

