Can Ticks Carry Other Diseases?

Ticks can carry other diseases, but Lyme disease is the most common. Other tick-borne illnesses include:
- Anaplasma 
- Babesia 
- Bartonella 
- Ehrlichia 
- Rocky Mountain Spotted Fever

Can I Practice On The Farm Or Near Forestry?

Yes, ticks can live in a variety of environments, including forests, gardens, and backyards. It's important to check areas regularly and remove ticks promptly if you come across them.

What Should I Do If I Think I Might Have Lyme Disease?

If you think you may have Lyme disease, it's important to get medical attention immediately. Signs and symptoms of Lyme disease can include:
- Fever
- Headache
- Rash
- Joint pain
- Fatigue

If you have any concerns, contact your healthcare provider or visit the website below for more information.

www.cdc.gov/lyme

What Can I Do If I Am Bitten By A Tick?

If you are bitten by a tick, follow these steps:
1. Remove the tick as soon as possible.
2. Wash your hands thoroughly afterward.
3. Use a tick remover or tweezers to grasp the tick firmly above the skin and pull straight up.
4. Disinfect the bite area with an antiseptic.
5. Watch for any signs of illness for several days.

For More Information

Visit the website below for more information about Lyme disease and tick prevention.

www.cdc.gov/lyme

Safeguard Your Health

Lyme Disease: Facts About Tick-Borne Illnesses

From Senator Andrea Stewart-Cousins

Health Department

NY State Senate
What About the Lone Star Tick?
In recent years the Lone Star tick, which has been migrating from southern states, has been detected in parts of Long Island and elsewhere. It is an aggressive predator with a white, star-shaped mark on its back. It currently is not known to cause Lyme disease, but rather a similar illness called Southern Tick-Associated Rash Illness (STARI).

Is There a Tick Season?
Ticks are active when the weather stays above freezing, usually from April through November. Their preferred habitats are wooded areas and adjacent grasslands. Lawns and gardens at the edges of woods may also be home to ticks. Ticks may feed on wild animals such as mice, deer, birds and raccoons, but domestic animals such as cats, dogs and horses can also carry the ticks closer to home.

What Are the Symptoms of Lyme Disease?
Lyme disease is often hard to diagnose because it has various symptoms that are seen in many other illnesses. Early symptoms appear anywhere from 3 to 30 days after the bite of an infected tick.

- In 60-80% of the cases, a red rash develops within a few days to a few weeks.
- The rash is at least two inches in diameter and may have a clearing in the center or look like a bull’s eye.
- The rash may be accompanied by flu-like signs, such as fever, headache, muscle/joint pain and/or swollen glands.
- Other tick-borne diseases cause similar symptoms but do not cause the same type of rash.
- Left untreated, it can spread into the central nervous system, heart and/or joints.
- Meningitis, stiff neck or facial paralysis can occur within a few weeks to a few months.
- Some people may develop heart problems such as an irregular heartbeat.
- Arthritis can develop in nearly 60% of untreated victims.
- Lyme arthritis has been misdiagnosed as juvenile rheumatoid arthritis in some children.

How Can I Prevent Ticks from Biting?
Generally, ticks do not jump or fly onto their victims. They wait on vegetation and cling to animals and humans as they brush by. While there is no way to protect yourself 100 percent from being bitten by a tick while in an infested area, there are some steps you can take to reduce your risk:

- Stay on the center of trails and paths – don’t brush against vegetation if you can avoid it.
- Wear long pants and long-sleeved shirts, and tuck the legs into your socks or boots. This helps keep ticks from reaching your skin.
- Wear light colored and tightly woven clothing. This makes it easier to see ticks.
- Use repellents that contain 20% or more DEET (N,N-diethyl-m-toluamide) on the exposed skin for protection that lasts up to several hours. Products that contain permethrin can be used to treat boots, clothing and camping gear. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes and mouth.
- Check yourself, your children and pets at least once per day for ticks. A tick is so small it can easily go unnoticed. Pay special attention to the backs of knees, behind the ears, the scalp, armpits and back.

How Can I Safely Remove a Tick?
If you do find a tick attached to your skin, do not panic. Not all ticks are infected, and your risk of Lyme disease is greatly reduced if the tick is removed within the first 36 hours.

To best remove a tick:
- Use a tick remover.
- If you don’t have a tick remover use tweezers.
- Use the tweezers to grasp the tick near its head and pull away gently to remove the whole tick without crushing it.
- Place the tick in a small container of rubbing alcohol to kill it.
- Clean the bite wound with rubbing alcohol or hydrogen peroxide.
- Monitor the site of the bite for the next 30 days for the appearance of a rash. If you develop a rash anywhere or flu-like symptoms, contact your health care provider immediately.

Tick Identification
The Blacklegged tick is very small and orange brown in color with a black spot near the head.
The Lone Star tick has a star-shaped white spot on its back.
The Dog tick is reddish-brown and larger than blacklegged ticks.