

# TICK-TOCK

## IT'S TIME FOR

# TICK TALK

Tick-borne diseases (TBD) are on the rise.

The number of reported cases has increased from 48,610 in 2016 to 59,349 in 2017.<sup>2</sup>

To protect yourself, think of the number 3.



### 3 FAST FACTS

1. Ticks are more closely related to spiders than to insects. They have 8 legs, not 6!<sup>1</sup>
2. Ticks "quest" for their prey; they don't fly or jump. They have to reach out with their front legs to attach to potential prey, and just hope for the best.<sup>1</sup>
3. Ticks must have a bloodmeal to survive and advance to the next lifestage.<sup>1</sup>



### 3 MORE REASONS TO AVOID TICKS

1. Ticks spread many diseases, including Lyme disease and Rocky Mountain Spotted Fever.
2. The Lone Star Tick is associated with the alpha-gal allergy or the "red meat allergy", causing some individuals to have adverse reactions when consuming certain meats.<sup>3</sup>
3. Symptoms of a TBD can show up in 24 hours to 30 days, depending on the pathogen.<sup>2</sup>



### 3 TIPS TO AVOID CONTACT

1. Wear long pants tucked into boots, long sleeved shirts, and hats that protect from questing ticks. You can treat clothing with permethrin for extra protection!<sup>2</sup>
2. Use an EPA-registered repellent! Including DEET, picardin, or Oil of Lemon Eucalyptus.<sup>2</sup>
3. Do a "Tick Check" immediately after outdoor activities.<sup>2</sup>



### 3-STEP TICK CHECK

1. Check in the nooks and crannies of your body where ticks can hide and feed.<sup>2</sup>
2. Check children in a safe manner for ticks, especially in their hair.<sup>4</sup>
3. Don't forget about pets! Ticks love dogs and cats and their ears and toes!<sup>2</sup>



### 3 ACTIONS TO TAKE IF YOU FIND SOMETHING

1. Prepare to remove the tick quickly! Time is of the essence.<sup>2</sup>
2. Use tweezers to firmly grasp the tick and pull outward from the skin with even pressure. Hold steady!<sup>2</sup>
3. Clean the area, watch for symptoms, keep the tick for identification, then dispose in ethanol or flush it down the toilet!<sup>2</sup>

1. [www.pestworld.org/news-hub/pest-articles/interesting-tick-facts](http://www.pestworld.org/news-hub/pest-articles/interesting-tick-facts)

2. [www.cdc.gov/ticks](http://www.cdc.gov/ticks)

3. Jackson, W Landon. "Mammalian meat allergy following a tick bite: a case report." Oxford medical case reports vol. 2018,2 omx098. 21 Feb. 2018, doi:10.1093/omcr/omx098

4. [globallymealliance.org](http://globallymealliance.org)