Tick Safety Information from Rutgers University, New Jersey Dept. of Health and the CDC

When are ticks active and how do tick-borne diseases spread?
Ticks could be active year round with peak times listed below. Tick-borne diseases are not spread between two people, but rather rely on ticks for transmission.

What are the symptoms of tick-borne diseases?
Early signs of tick-borne diseases generally include:
Skin rash, general tiredness, fever and/or chills, headache, stiff neck, muscle aches, joint pain, dizziness.

How are tick-borne diseases diagnosed?
It is important to watch for symptoms, talk to your healthcare provider and be sure to let them know you had a tick bite. If you’ve been bitten by a tick, early treatment can be very effective.

How can tick-borne diseases be prevented?
Anyone who is bitten by an infected tick may get a tick-borne disease. Helpful hints include:
- Take extra precautions in the summer when ticks that transmit diseases are most active
- When outdoors, apply EPA-registered insect repellent on exposed skin and clothing according to the instructions on the product label. DEET and picardin may be used on skin. Permethrin should only be used on clothing and outdoor gear
- Cover up; wear long, solid and light colored clothing with pants tucked into socks. Perform tick checks
- Safely remove any found ticks

Where can I find more information about tick-borne diseases?
- Rutgers, Tick and Tick-borne Disease, Information for Residents: https://njaes.rutgers.edu/tick/
- New Jersey Department of Health Communicable Disease Service: http://www.nj.gov/health/cd
- Centers for Disease Control and Prevention (CDC): http://cdc.gov/ticks/diseases/

Ticks Common in New Jersey

<table>
<thead>
<tr>
<th>Tick</th>
<th>Peak Times</th>
<th>Potential tick-borne diseases</th>
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</thead>
<tbody>
<tr>
<td>Blacklegged Tick</td>
<td>Nymph: May to August</td>
<td>Lyme disease, Anaplasmosis, Babesiosis, Powassan</td>
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<tr>
<td></td>
<td>Adults: October to May</td>
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</tr>
<tr>
<td>American Dog Tick</td>
<td>Adults: April to August</td>
<td>Rocky Mountain Spotted Fever, Tularemia, Tick paralysis</td>
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<tr>
<td>Lone Star Tick</td>
<td>Nymphs: May to August</td>
<td>Ehrlichiosis, Tularemia, Meat Allergy (Alpha-gal)</td>
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<tr>
<td></td>
<td>Adults: April to August</td>
<td></td>
</tr>
</tbody>
</table>

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Rutgers New Jersey Agricultural Experiment Station
Cooperative Extension of Ocean County

Programs provide research-based information for our county residents in the areas of 4-H Youth Development, Agriculture and Natural Resources, Family and Community Health Sciences, Lawn & Garden, and Marine Resources.

Rutgers New Jersey Agricultural Experiment Station Cooperative Extension of Ocean County
Telephone Number: 732-349-1246
Hours: 8 AM to 4:30 PM

Helpline Services
Telephone Number: 732-349-1245
Hours: April through September - 9 AM to 3 PM
October through March - 9 AM to 12 PM

Tick Identification (Bring Tick to Agricultural Center between 9 AM and 3 PM)
Do not put ticks on tape. Ticks should be in a sealed container/plastic bag with a small piece of moist paper towel.
(After hours a drop box is available for tick submission in a sealed baggie with name, address, and telephone number)
Hours: March through October - 9 AM to 3 PM
November through February - On an as needed basis

Diagnostics
Best sample is usually one piece that shows good to bad; sample should be 12 inches
Hours: 9 AM to 3PM
Email pictures of problem: oceanag@njaes.rutgers.edu

Internet Addresses

Rutgers New Jersey Agricultural Experiment Station Cooperative Extension of Ocean County
Website: http://ocean.njaes.rutgers.edu

Rutgers Master Gardeners of Ocean County
Website: www.mgocinc.org

Rutgers Fact Sheets
Website: www.njaes.rutgers.edu/pubs

Generic Google search for edu websites (edu and gov website data is research-based)
Extension publications/topic (e.g. extension publications/hydrangea)

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