

## **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 picaridin 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: <https://www.nj.gov/health/cd/topics/vectorborne.shtml>
- Centers for Disease Control and Prevention (CDC): <http://cdc.gov/ticks/diseases/>
- TickEncounter Resource Center: <https://tickencounter.org/>
- Managing Exposure to Ticks on Your Property:  
[https://portal.ct.gov//media/CAES/DOCUMENTS/Publications/Fact\\_Sheets/Entomology/TickControlFSpdf.pdf?la=en](https://portal.ct.gov//media/CAES/DOCUMENTS/Publications/Fact_Sheets/Entomology/TickControlFSpdf.pdf?la=en)
- UMass Amherst Laboratory of Medical Zoology: <https://ag.umass.edu/services/tick-borne-disease-diagnostics>
- Tick-induced allergies: mammalian meat allergy: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4313755/>

### **Tick-borne diseases in pets:**

American Veterinary Medical Association: <https://www.avma.org/resources/pet-owners/petcare/safe-use-flea-and-tick-preventive-products>

- Anaplasmosis- <https://veterinarypartner.vin.com/default.aspx?pid=19239&id=9442535>
- Tick Paralysis- <https://veterinarypartner.vin.com/default.aspx?pid=19239&id=7417476>
- Lyme Disease- <https://veterinarypartner.vin.com/default.aspx?pid=19239&id=4952009>
- Ehrlichiosis- <https://veterinarypartner.vin.com/default.aspx?pid=19239&id=4952341>