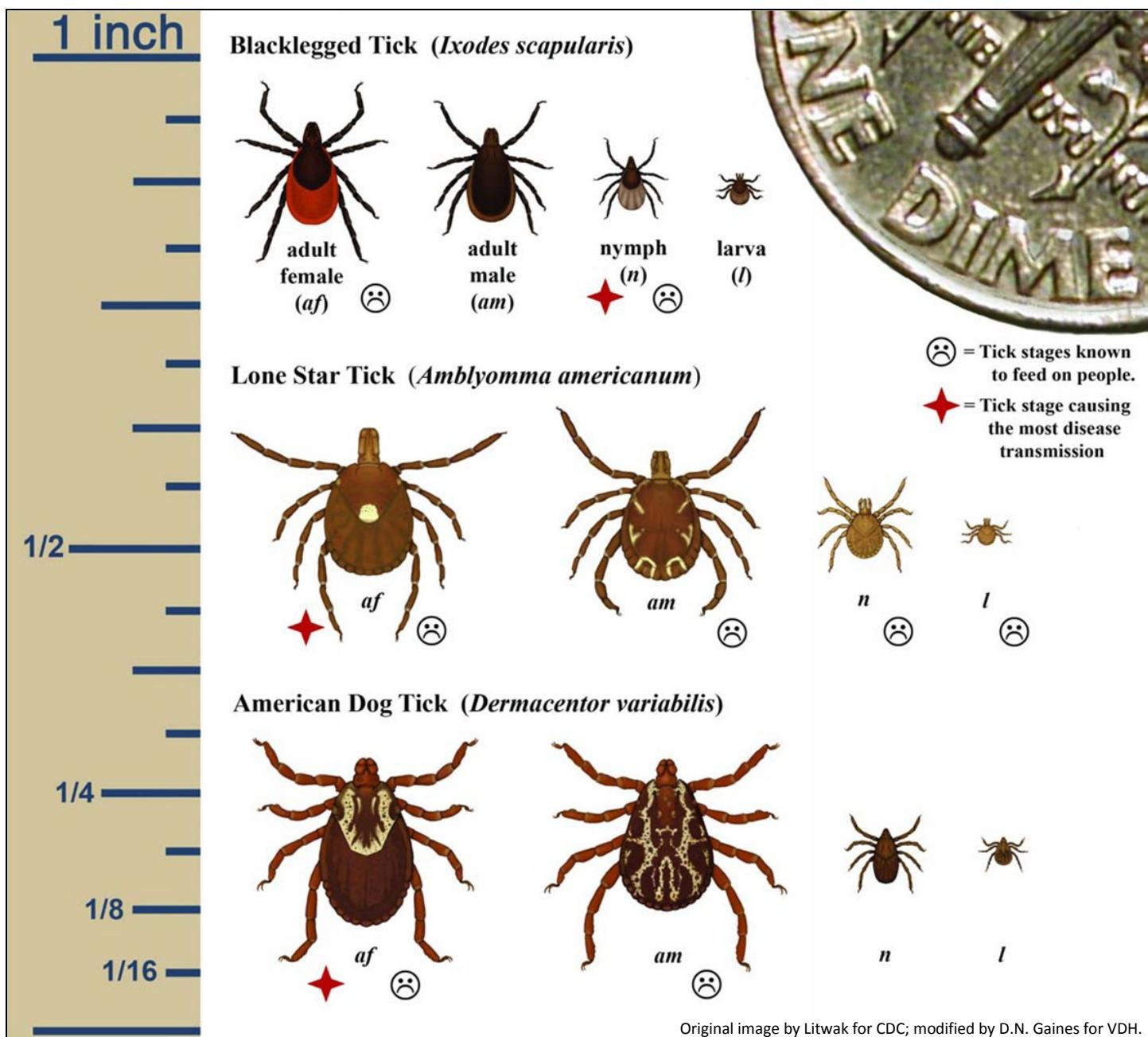


Tick Identification Chart



Tick-borne Disease Chart

Disease	Vector Species	Stage that Transmits the Most Disease to People	Minimum Feeding Time for Disease Transmission
Anaplasmosis	Blacklegged Tick	Nymph	24 hours
Babesiosis	Blacklegged Tick	Nymph	36 hours
Lyme Disease	Blacklegged Tick	Nymph	36 hours
Ehrlichiosis	Lone Star Tick	Adult	24 hours
Rocky Mountain Spotted Fever	American Dog Tick	Adult Only	4-6 hours
Tularemia	American Dog Tick Lone Star Tick	Nymph and Adult	Unknown

For more information visit www.vdh.virginia.gov/TickBrochure

About Tick-borne Diseases in Virginia

Anaplasmosis and Ehrlichiosis: Symptoms of ehrlichiosis and anaplasmosis occur 7-14 days after tick bite including fever, headaches, muscle pain, vomiting and general discomfort. Severe or fatal illness can occur and treatment should not be delayed.

Babesiosis: Symptoms of babesiosis may take 1-3 weeks to appear; they include fever, chills, muscle pains, fatigue and jaundice. Most people show no symptoms. Asplenic and immunocompromised patients may suffer severe or fatal illness.

Lyme Disease: The first sign of LD is a circular or oval rash at least 2 inches in diameter called an erythema migrans (EM). The EM rash occurs 3-30 days after a tick bite and is accompanied by headaches, joint or muscle aches, fever and tiredness. The rash does not itch or hurt and may go unnoticed. When left untreated, LD may progress to affect the joints, nervous system and heart, and may cause long lasting arthritis and nervous system damage in some people.



EM rash associated with Lyme disease



Spotted rash caused by RMSF

Rocky Mountain Spotted Fever: Rocky Mountain spotted fever (RMSF) is a serious illness characterized by a sudden onset of symptoms. Symptoms may begin 2-14 days after a tick bite, including fever, deep muscle pain, severe headache, chills and upset stomach or vomiting. A red, spotted rash may appear beginning on the wrists and ankles and spreading to the palms, soles of feet and to the rest of the body. Treatment should begin as soon as RMSF is suspected. Untreated cases may be severe or fatal.

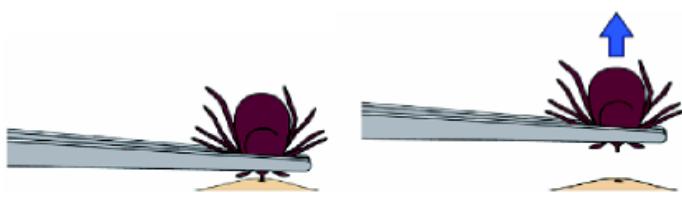
Tularemia: Symptoms of tularemia include the sudden onset of fever and chills. An ulcer may develop at the bite site and the lymph nodes may become enlarged. Untreated cases may be severe or fatal.

Preventing Tick Bites

- Recognize when you are in potential tick habitats such as tall grass, forest underbrush or leaf litter.
- Walk in the center of mowed trails, keep grass cut and rake leaves/clear brush in wooded yards.
- Wear light-colored clothing so ticks are visible.
- Tuck pant legs into socks or boots, tuck shirts into pants and wear long sleeved shirts.
- Apply repellents to skin containing up to 50% DEET for adults or less than 30% DEET for children.
- Repellents containing other active ingredients such as bioUD, oil of lemon eucalyptus, IR3535, picaridin, or 2-undecanone are also effective.
- Apply repellent containing 0.5% permethrin to clothing. Follow directions carefully and do not apply this repellent to skin.
- **Conduct thorough tick checks after you have been in tick habitat; remove ticks promptly.**

How To Remove a Tick

- Using tweezers, grasp tick near mouth parts as close to the skin as possible.
- Be careful not to squeeze the tick's swollen abdomen.
- Pull tick in a steady, upward motion until it releases from the skin
- **Other methods of tick removal are unsafe**
- Disinfect hand and bite site with soap and water and apply antiseptic to the site.
- You may want to identify the tick and save it in alcohol for several weeks. If you become ill, the tick might help your doctor diagnose the illness.



If you become ill and have been exposed to ticks, tell your doctor about your tick exposure.