

For More Information

Centers for Disease Control and Prevention at:
www.cdc.gov

University of New Hampshire Cooperative Extension at:
www.extension.unh.edu

For your convenience these links are available on our website:
midstatehealth.org



Where your care comes together.

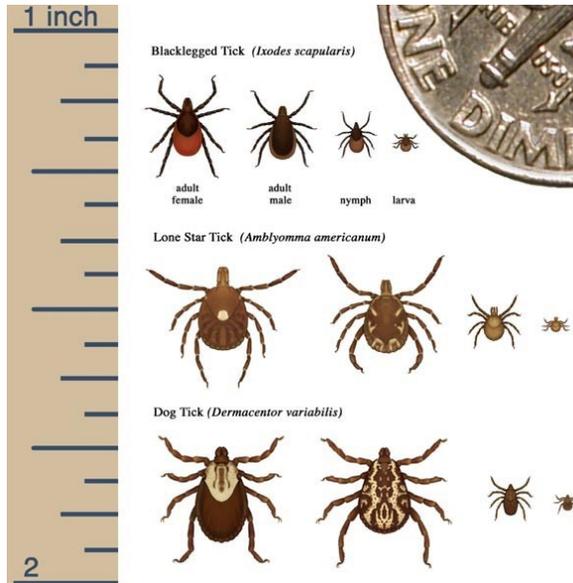
Plymouth 603-536-4000
101 Boulder Point Drive

Bristol 603-744-6200
100 Robie Road

We are always happy to help!

Call us at **536-4000** to contact your team with any questions you might have.

Tick Identifier



Where are ticks found?

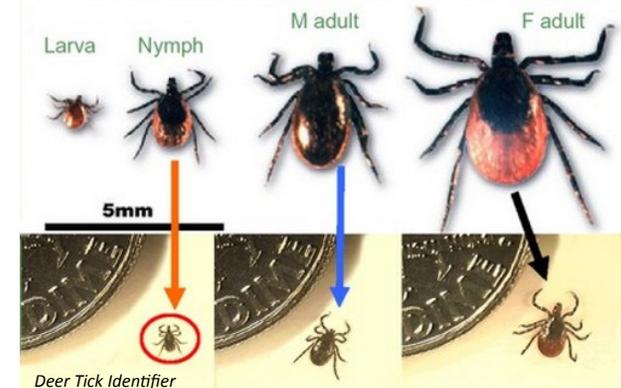
Deer ticks live on the tips of grass along trails and on leaves allowing them to crawl directly onto the skin or fur of a passing host.

A crawling tick is not a cause for alarm or concern, only if the tick is attached.

What do I do if I find one?

Dispose of a live tick by submerging the tick in a jar of rubbing alcohol or placing it in a sealed bag or container.

TICK TALK! It's Tick Season



GET THE FACTS!

- ◆ Ticks and Lyme Disease
- ◆ Tick Prevention
- ◆ Lyme Disease Symptoms
- ◆ Tick Removal



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Ticks/Lyme Disease Symptoms

- Ticks are not insects or spiders. They are mites that feed off of blood
- Lyme Disease is an infection caused by a bacteria passed on by infected deer ticks
- First sign of infection is usually a circular rash that appears 3-30 days after a tick bite
- Symptoms are chills, fatigue, fever, headache and muscle aches.
- Most cases of Lyme disease can be treated with antibiotics if treatment is begun early



Prevention



- Wear pants, long sleeves and socks. Tuck pant legs into socks or boots
- Perform tick checks after being outdoors
- Inspect all parts of your body (armpits, scalp, groin)
- Use tick repellent
- If a tick is attached to your skin for fewer than 24 hours, your chance of Lyme disease is small
- To be safe, still monitor all tick bites and be alert for symptoms

Tick Removal

- Remove tick from skin when first seen
- Use fine-tipped tweezers to grasp the tick close to your skin
- With a steady motion, pull the ticks body away from your skin
- Avoid crushing the ticks body. If you do crush the tick, clean your skin with soap and water
- **Do not use** petroleum jelly, a hot match, or nail polish to remove a tick.

Mid-State offers tick removal and prevention treatment after a tick bite. Call us for assistance: 536-4000

