

Cradle of Liberty Council Tick Safety

The black legged tick (also called the deer tick) is common throughout the Eastern United States and can infect a person with Lyme Disease, which can make you sick. The treatment for Lyme Disease requires antibiotics that you get from your healthcare provider.

What you need to know about the black legged/deer tick

- It can be as small as the size of a sesame seed
- Because of its small size, you may not know it is there
- Generally, it needs to be attached to the skin for 24-36 hours in order to infect you with Lyme Disease
- The sooner you remove the tick properly the less chance you have of getting Lyme Disease

What you need to do

- Wear protective clothing and use insect repellent
- You should do daily tick checks while away on an outdoor trip. Also do a thorough check when back at home.
- When checking for ticks, check the entire body, especially hidden or hairy areas, such as the scalp, armpits, groin
- Also check under watchbands, waistbands, between fingers and toes

How to remove a tick

- Use tweezers to grasp tick as close to the skin surface as possible
- Pull straight back with a slow steady force; avoid crushing the tick's body
- Wash the tick bite with soap and water or alcohol
- Wash tweezers with alcohol
- Wash your hands

About Lyme Disease

- You may get symptoms up to 30 days after being bitten by a tick
- The symptoms are very much like those of the "flu" don't be confused into thinking you can treat it by yourself
- Lyme Disease is better treated when caught early
- Lyme Disease is treated with an antibiotic that you can only get from your healthcare provider
- If left untreated, Lyme Disease can have effects on your joints and nervous system

Because the symptoms of Lyme Disease can seem like other illnesses, call your doctor or health care provider if you have any of the following within 30 days of being in the woods

- Extreme tiredness (fatigue)
- Chills and fever
- Headache
- Muscle and joint pain

- Swollen lymph nodes
- A characteristic rash called a "bulls eye rash" (a round rash with a red center) – or any red rash
- Neurological symptoms, such as numbness and weakness, especially of the face

Don't hesitate to contact your healthcare provider if you have any concerns



For more information about ticks and Lyme disease, go to the following websites:

- The Centers for Disease Control and Prevention http://www.cdc.gov/lyme/
- Penn State College of Agricultural Sciences Entomology Division http://ento.psu.edu/extension/factsheets/ticks