

I am Tick Wise...

When I am prepared for removing a tick as soon as I find one!

A good tick readiness kit includes: Tick Tweezers, a magnifying glass, a small flashlight, tick removal instructions, a cotton ball or cotton circle (to keep the tick moist/alive), a plastic baggie or jar with lid (in case I send the tick for disease testing), and an alcohol wipe to clean the bite area.



FREE TICK REMOVAL KIT

Call Stony Brook Southampton Hospital for a **FREE** tick removal kit at **631-726-8425** or email karen.wulffraat@stonybrookmedicine.edu

WWW.TICKREPORT.COM & WWW.TICKCHEK.COM

& WWW.BAYAREALYME.ORG (FOR TICK TESTING)

WWW.EASTENDTICKRESOURCE.ORG & WWW.TICKCONTROL.COM

WWW.TICKENCOUNTER.ORG & HTTP://TBDALLIANCE.ORG

HTTP://SUFFOLKCOUNTYNY.GOV/DEPARTMENTS/HEALTHSERVICES

WWW.LYMERESearchAlliance.org & WWW.ILADS.ORG

WWW.UNDEROURSKIN.COM & WWW.LYMEDISEASE.ORG

WWW.EMPIRESTATELYMEDISEASEASSOCIATION.ORG

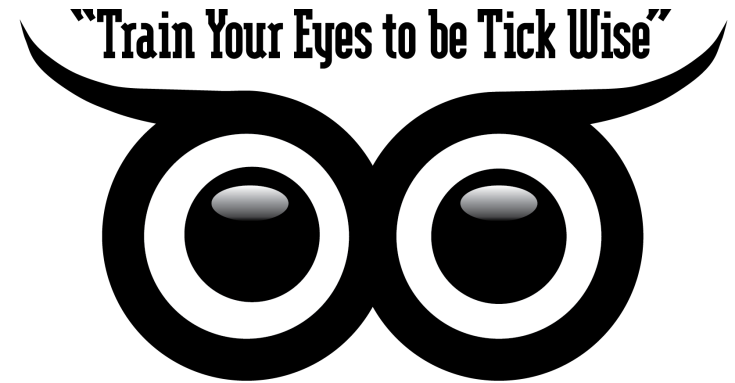
WWW.TICKWISE.ORG

April@tickwise.org



Informational booklet printed as a courtesy by:

Legislator Bridget Fleming



TICK WISE
TICK SAFETY EDUCATION

*Tick Bite Prevention & Awareness for children by
April Nill-Boitano, MEd & Brian Kelly*

Presented by:

EAST END
EST. 1997
Tick & Mosquito CONTROL

In Cooperation with:



Stony Brook Southampton Hospital
REGIONAL
TICK-BORNE DISEASE
RESOURCE CENTER





Today, I learned all about ticks!

Q. WHAT IS A TICK?

A. Ticks are small arachnids. Just like other arachnids you know—spiders, they have 8 legs while in the adult form. Ticks come in 3 sizes, larvae, nymph and adult. Larvae only have 6 legs until they molt and become nymphs.

Q. WHAT ARE CHIGGERS?

A. Chiggers are mites. Tiny tick larvae are frequently mistaken for “chiggers”. But according to Scott Campbell, PhD, Chief Arthropod-Borne disease laboratory, Suffolk County Department of Health Services “In all my 25 years of working in Suffolk County I have never received a chigger as a specimen, only lone star tick larvae”. https://www.youtube.com/watch?v=7CEPviiB0_s

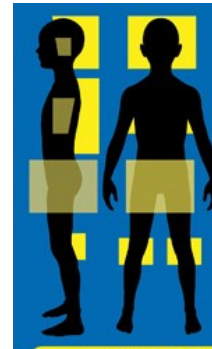
Q. WHERE DO TICKS LIVE?

A. Ticks live in dried leaves “leaf litter”, tall grass and under shrubs. Ticks do not jump or fly, ticks climb up. Ticks do not like short grass (except for Lone Star Ticks), pavement, dusty trails, or your home. Ticks die by desiccation—which means by “drying out”. If you ever find that you have been in the woods and you have lone star larvae on you, put your clothes in the dryer (before washing) on high heat for 15 minutes to kill any ticks attached to your clothes. Next, quickly take a shower to scrub the ticks off.



Q. HOW DO TICKS HUNT AND WHAT DO THEY EAT?

A. Ticks seek: CO, CO₂ (carbon monoxide/dioxide) and heat, they drink blood from animals and humans. Ticks crawl down into the dirt or leaves to hydrate/ find moisture, and then they climb up on some tall grass to wait for a person or animal to pass by and brush up against them so they can climb on. If nobody passes by for a while, they go back down the grass stalk to hydrate again.



Tick HOT ZONES:

Tick hot zones are anywhere your body bends and sweats. Behind the knees, the groin, waist, belly button & armpits. The exceptions to the “joints” hot zones are the ears, head and the back. Have a family member check your head and back for you. All other places you can check during a nightly shower.

F.A.Q's

Q. Is there a tick that bites you and turns you into a vegetarian?

A. Lone Star tick bite can cause the “Alpha Gal” meat allergy. This allergic reaction can be severe. Just like a bee sting or another allergic reaction, there can be a rash with intense itching, hives and difficulty breathing. There is often a 3-6 hour delay between eating meat and the allergic reaction. If you are having a serious allergic reaction, go to the ER - and then call an allergist to follow up and receive expert advice and treatment for your new allergy.

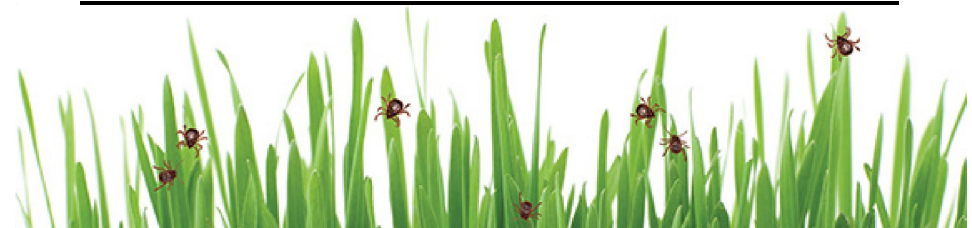
Q. Why save a tick?

A. First of all, for identification purposes. Different species of ticks carry different germs. Knowing what type of tick and how old it is and how engorged (full of your blood) it is will let your doctor know how to proceed if you are not feeling well.

Q. My blood tests came back negative, does that mean I don't have any tick-borne diseases?

A. NO. Blood tests are not always accurate.

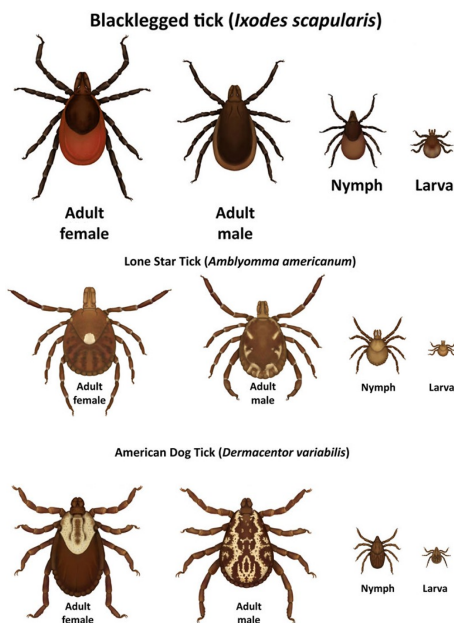
**PREVENTING TICK BITES AND ACCURATELY
REMOVING TICKS AS SOON AS THEY ARE FOUND
ARE YOUR BEST DEFENSE AGAINST ILLNESS!**



GERMS TICKS CARRY

****NOT ALL TICKS CARRY GERMS!**** Here in Suffolk County, our health department found that in a *very* general sense, the chances a tick will have one or more germs in its gut is very roughly 50/50 .

VIEW THE FULL REPORT REGARDING
TICKS IN SUFFOLK COUNTY AT:
<http://www.suffolkcountyny.gov>



Deer Tick

Lyme Disease
Anaplasmosis
Ehrlichiosis
Babesiosis
Borrelia Miamotoi
Powassan Virus

Lone Star Tick

Ehrlichiosis
Heartland virus
Tularemia
STARI

Dog Tick

Tularemia
Rocky Mountain Spotted Fever

The “BIG” Three

1. Protect your Body
2. Protect your Pets
3. Protect your Yard

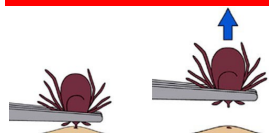


1. PROTECT YOUR BODY...

Check for ticks every night!

- Always keep a tick removal kit nearby when you will be spending time outdoors during tick season. Remember: *tick season is year-round* — but ticks are more active April-November. Ticks can completely freeze in the winter, then defrost and start crawling around when the ground thaws in the spring!
- Spray your shoes and clothes with Permethrin tick repellent. Do not put this product on your skin; for skin you can use DEET repellent (less than 20%) products. Spray your shoes with Permethrin at least once a month. Permethrin will last on your clothes through several washes. <http://www.tickencounter.org/prevention/permethrin>
- Keep duct tape handy to kill ticks that have not attached to you by trapping them between 2 pieces of tape (which causes them to suffocate). Keep a roll of duct tape around your water bottle when hiking!
- Wear light colored clothing (so you can see the ticks) and tuck your pants into your socks. Wear duct tape “tick catchers” (duct tape sticky-side out) as anklets when you aren’t wearing closed shoes.
- If you are in scouting and you are in the woods for long periods of time all summer, consider having your uniform treated with tick repellent that lasts through 70+ washes (make sure you send a few pairs of socks for treatment, too!) www.insectshield.com

HOW TO REMOVE AN ATTACHED TICK



If you find a tick embedded on your body: with a slow and steady motion, gently pull it straight up and out with fine-tipped tweezers by placing them as close to the skin as possible. Try to grab the tick’s head or just above it. If the tick breaks, don’t be alarmed as disease transmission is less likely without the tick’s whole body. Disinfect the bite area with rubbing alcohol or soap and water. If you experience a rash, aches, fever or flu-like symptoms, see a physician right away. Save the tick in a baggie or empty pill bottle to aid your physician in diagnosing illness. The only tick that transmits Lyme disease is the black legged tick, the only tick that causes Alpha-gal meat allergy is the Lone Star, etc.

https://www.cdc.gov/ticks/geographic_distribution.html

2. PROTECT YOUR PETS...

- Check your pet for ticks EVERY DAY! Sometimes you will see a tick with your eyes, and other times you can feel them with your fingers. REMEMBER to check all of your pets joints and “tick hot spots”.
- Use tick and flea repellents for your pet. There are many choices including: a flea and tick collar, medicine chews, between-the-shoulders medicine treatment & keeping them out of tick habitats with a leash!
- Bathe your pet frequently during tick season—it is much easier to find a tick on a wet pet than a dry pet!
- It is not safe to have your pet sleep in your bed during the active tick season months unless you are checking your pets for ticks every single time they get in to your bed. If there is a tick crawling on your pet that is not attached, it may decide it is easier to bite the nearly hairless animal in the bed... which is you!

3. PROTECT YOUR YARD...

- The single, most effective thing that YOU can do to reduce the number of ticks in your yard is to help your parents rake up the leaves in the fall! Remember, ticks love to lay eggs in the dry leaves.
- If you are old enough, you can also help keep your yard tick-free by helping to keep the grass short by mowing it.
- Birds are beautiful, but bird feeders attract birds (which carry ticks) and mice (who eat the leftover seeds and also carry ticks). Almost all wild animals carry ticks, so encourage the wildlife to stay in the wild!
- If you think your yard has a problem, have an adult make a tick flag, wear rain boots, and drag your property (a tick flag is a white flannel pillowcase attached to a broomstick or other type of pole). To test for tick infestation, drag the corners & periphery of your property and they will attach to the flag. If you find a lot of ticks, call a professional for help.



Ticks can make you sick!

Remove a tick as soon as you find one!

The amount of time the tick spends on your body matters. A tick's blood makes 3 things: anesthetic, cement and blood thinner. When the tick attaches, chances are—you will not feel it bite you! It can be hard to pull a tick out, and your body will take time to react to it (like it would a splinter) due to the chemicals the mouthparts make.

THIS IS WHAT MAKES NIGHTLY TICK CHECKS SO IMPORTANT!!

The longer the tick is attached the greater the chance it will eject infected tick saliva from it's salivary glands or eject the water in it's gut to make room for more blood. This is what can make you sick—this is where the germs are—in the tick's belly. That being said:

NEVER: Put any Vaseline, gasoline, alcohol, iodine, nail polish, essential oils, a match/fire or anything else on a tick embedded in a person or pet.

The reason that you don't want to suffocate or upset an embedded tick (one that is still biting you) is that the tick could vomit its germs in to your body and make you sick. Never squeeze a tick, never twist a tick, USE THE PROPER TWEEZERS (not your mother's eyebrow tweezers—TICK tweezers!) Get your supplies ready, identify the head, get your pointy tip tweezers as close to the tick's head as possible and make the decision to finish the job. Be brave! Don't let go, no matter how far the skin stretches (due to the cement holding that hypostome/straw in), keep gently pulling straight up and out. If the head stays in, do not panic. The germs are in the GUT. Put some antibiotic ointment and a bandage over it, the body will push it out.

