TICKBORNE DISEASES

In the United States, ticks can transmit various bacteria, viruses, and parasites that cause human diseases, including Lyme disease, Anaplasmosis, Spotted Fever Rickettsioses, and Ehrlichiosis. They spread these pathogens during their feeding process. Many of these diseases share similar signs and symptoms, such as fever, chills, aches and pains, and rashes.





Lyme Disease

Lyme disease is the most common tickborne illness. Early localized infection symptoms can appear 3 to 30 days after a tick bite and may include a bull's-eye rash (erythema migrans), fever, headache, muscle or joint aches, and swollen lymph nodes. It is important to seek medical attention as soon as symptoms begin to receive appropriate antibiotic treatment.

Prevention

- Be aware of areas where ticks are common, such as grassy, brushy, or wooded regions, and near animals.
- Walk in the center of trails avoiding tall grass and brushy areas.
- Choose bright clothing that covers your skin, such as long sleeves or pants.
- Treat clothing and gear with 0.5% permethrin containing products.
- Use EPA-registered insect repellants.
- Always check for ticks after spending time outdoors and remove them as quickly as possible. For instructions on how to properly remove a tick, see “What to Do After a Tick Bite” on the CDC website.

FOR QUESTIONS, PLEASE CONTACT YOUR LOCAL INFECTION PREVENTIONIST