

# KNOW Before You GO Ticks

## What are ticks?

Ticks, like spiders and mites, are arachnids commonly found in moist or humid environments near wooded or grassy areas.



Deer Tick

Dog Tick

## What purpose do ticks serve?

Ticks are a favorite food source for chickens, turkeys and other ground birds like grouse.

They are a strong and important link in the food chain as they take nourishment from larger host animals high in the food chain and transfer that down to lesser organisms.



## Prepare Yourself

- Wear light colored clothing so ticks can be easily seen.
- Know where ticks are found and use caution when walking through tall grasses.
- Apply a bug repellent—many are designed specifically for ticks.
- Perform a Tick Check

## Performing a Tick Check

The best way to find a tick on you is through touch. Check the following areas thoroughly:

- |   |   |
|---|---|
| <input type="checkbox"/> Armpits          | <input type="checkbox"/> In and around ears |
| <input type="checkbox"/> Belly button     | <input type="checkbox"/> Back of knees      |
| <input type="checkbox"/> In your hair     | <input type="checkbox"/> Between your legs  |
| <input type="checkbox"/> Around the waist |   |

## How to Remove a Tick

If you find a tick on you—don't freak out! Using tweezers (do not use a lighted match), carefully remove the tick making sure to get the head. Once removed, save it! Take the bug to you local Health Department to test for diseases. Lyme and other tick-borne diseases are fairly easily cured with antibiotics if caught early.

**Remember:** Ticks cannot jump onto you! They're most likely to hitch a ride as you walk past them dangling off a twig or blade of grass.

## Lyme Disease

Not all ticks carry Lyme, but proper care should be taken if you suspect you may have contracted the disease. Visit our website for more information on symptoms and treatment.



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