

TICKS & LYME DISEASE

tick removal

Remove ticks immediately. They usually need to attach for 24 hours to transmit Lyme disease. Consult a physician if you remove an engorged deer tick.



Using a tick spoon:

- Place the wide part of the notch on the skin near the tick (hold skin taut if necessary)
- Applying slight pressure downward on the skin, slide the remover forward so the small part of the notch is framing the tick
- Continuous sliding motion of the remover detaches the tick

Using tweezers:

- Grasp the tick close to the skin with tweezers
- Pull gently until the tick lets go

1-800-821-5821
www.mainepublichealth.gov

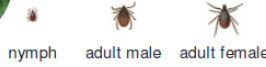


tick ID

know them. prevent them.



Deer Tick (Black-Legged Tick)



nymph adult male adult female

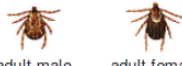
(actual size)



nymph (1/32"-1/16") adult (1/8") engorged adult (up to 1/2")



Dog Tick



adult male adult female

(examples are not actual size, dog tick nymphs are rarely found on humans or their pets)



just the facts

Deer Ticks

- Deer ticks may transmit the agents that cause Lyme disease, anaplasmosis, and babesiosis
- What bites:** nymphs and adult females
- When:** anytime temperatures are above freezing, greatest risk is spring through fall

Dog Ticks

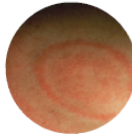
- Dog ticks do not transmit the agent that causes Lyme disease
- What bites:** adult females
- When:** April–August

prevent the bite

- Wear light-colored protective clothing
- Use EPA-approved insect repellent on skin or clothing
- Use caution in tick infested areas
- Perform daily tick checks
- Protect your pets, use repellents, acaricides, and a Lyme disease vaccine for dogs

lyme disease

Ticks usually need to attach for 24 hours to transmit Lyme disease.



Often, people see an expanding red rash (or bull's-eye rash) more than 2 inches across at the site of the tick bite, which may occur within a few days or a few weeks.

Other symptoms include:

- fatigue
- muscle and joint pain
- headache
- fever and chills
- facial paralysis

Deer ticks may also transmit the agents that cause other diseases such as babesia and anaplasmosis.

People that remove an engorged deer tick should consult their physician as quickly as possible.

Source:

Maine Centers for Disease Control and Prevention.

Tick Identification Wallet Card (2016)

<http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/lyme/tick-id.shtml>

There are a number of other great online resources for tick and Lyme's Disease information. University of Rhode Island Tick Encounter Resource Center is also particularly comprehensive online resource: <http://www.tickencounter.org/>

POISON IVY PREVENTION

Poison ivy is present in the woods across the BCT. Poison ivy contains the oil *urushiol* that causes contact dermatitis in most adults if is not washed off within 2-8 hours. Common symptoms are an itchy rash, bumps or blisters that may take several days to appear. Severity varies person to person. Any part of the plant transfers the irritating oil: leaves, “hairy”-looking vines, branches, roots.

Source:

National Institute for Occupational Safety and Health (NIOSH) – Centers for Disease Control and Prevention
Poisonous Plants (2016)

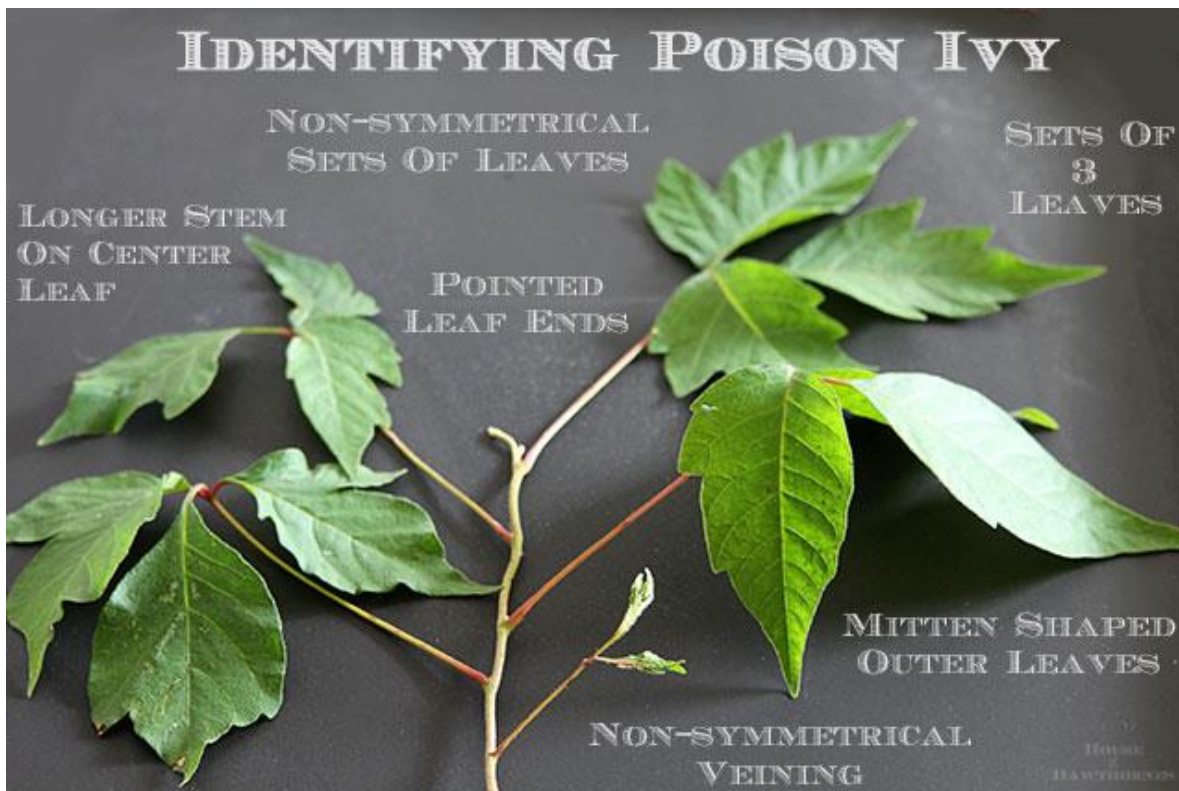
<http://www.cdc.gov/niosh/topics/plants/>

NIOSH Fast Fact Sheets is excerpted on page 14. Full Version: <http://www.cdc.gov/niosh/docs/2010-118/pdfs/2010-118.pdf>

Poison Ivy



Photos courtesy of U.S. Department of Agriculture





NIOSH

Fast Facts

Protecting Yourself from Poisonous Plants

Any person working outdoors is at risk of exposure to poisonous plants, such as poison ivy, poison oak, and poison sumac. When in contact with skin, the sap oil (urushiol) of these plants can cause an allergic reaction. Burning these poisonous plants produces smoke that, when inhaled, can cause lung irritation.

Workers may become exposed through:

- Direct contact with the plant

Symptoms of Skin Contact

- Red rash within a few days of contact
 - Swelling
 - Itching
 - Possible bumps, patches, streaking or weeping blisters
- NOTE: Blister fluids are not contagious

First Aid

If you are exposed to a poisonous plant:

- Immediately rinse skin with rubbing alcohol, poison plant wash, or degreasing soap (such as dishwashing soap) or detergent, and lots of water.
 - Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol.
- Scrub under nails with a brush.
- Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching and blistering.
 - Oatmeal baths may relieve itching.
- An antihistamine may help relieve itching.
 - NOTE: Drowsiness may occur.
- In severe cases or if the rash is on the face or genitals, seek professional medical attention.
- Call 911 or go to a hospital emergency room if you have a severe allergic reaction, such as swelling or difficulty breathing, or have had a severe reaction in the past.