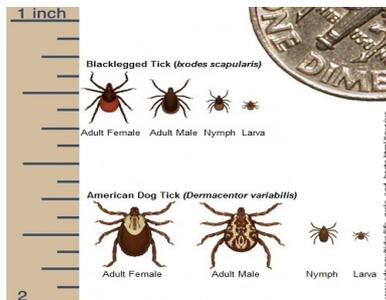


TICK CARD

- The American dog tick is found throughout the U.S. It can spread Rocky Mountain spotted fever, tularemia and tick paralysis.
- The blacklegged (deer) tick is found in the Eastern U.S. and upper Midwest. It can spread Lyme disease, anaplasmosis, babesiosis and ehrlichiosis.

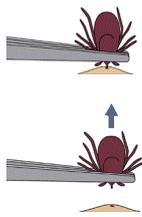
AVOIDING TICK BITES

- Apply insect repellants containing DEET to clothing and exposed skin.
- Wear long sleeved shirt and pants when walking in woods and fields.
- Wear light colored clothing to help spot ticks.
- After being outdoors, check yourself, children and pets for ticks.



TICK REMOVAL

It is important to remove a tick as soon as possible so it does not cause infection.



www.cdc.gov/ticks/removing_a_tick.html

- Grasp the tick as closely to the skin as possible using a tweezers.
- Gently pull the tick upward with steady, even pressure. Do not twist or jerk.
- After removing the tick, disinfect the bite site and wash hands with soap and water.
- Record the date and location of the tick bite, and watch for early symptoms of illness.

- **DO NOT rub Vaseline on the tick.**
- **DO NOT use a hot match on the tick.**
- **DO NOT squeeze, crush or puncture the body of a tick, as its fluids may contain germs that can cause disease.**

Ticks can transmit disease agents. If symptoms associated with any bite develop, see your physician immediately.



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