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.

www.cdc.gov/ticks/life_cycle_and_hosts.html#survive
It is important to remove a tick as soon as possible so it does not cause infection.

- 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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