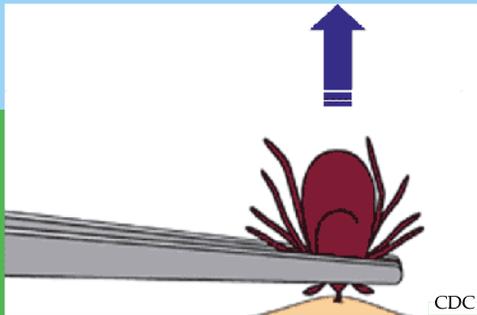


## To Remove a Tick

- Use fine-tipped tweezers and protect your hands with a tissue or gloves.
- Grab the tick close to the skin. -- Do not twist or jerk the tick.
- Gently pull straight up until all parts of the tick are removed.
- Clean the tick bite with soap and water or an antiseptic.
- Wash your hands with soap and water or an alcohol-based rub.
- **Do not** use petroleum jelly, a hot match, nail polish or other products to remove ticks.



For more information,  
visit our web site at  
[www.MarylandTickOff.org](http://www.MarylandTickOff.org)



### Maryland Department of Health and Mental Hygiene

Community Health Administration  
Office of Epidemiology and Disease Control Programs  
Center for Veterinary Public Health  
201 West Preston Street,  
Baltimore, Maryland 21201  
1-877-4MD-DHMH (1-877-463-3464)

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex or national origin and applies to the provisions of employment and granting of advantages, privileges, and accommodations.

The Department, in compliance with the Americans with Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.



### Maryland Department of Health and Mental Hygiene

Martin O'Malley, *Governor*  
Anthony G. Brown, *Lt. Governor*  
John M. Colmers, *Secretary*

## Ticks Can Be Found Throughout Maryland

- The most common ticks in Maryland are the black-legged tick, the American dog tick, and the lone star tick.
- Ticks can transmit infectious diseases when they bite you.
- Not every tick bite transmits disease.

- Some ticks are extremely small. The tick that transmits Lyme disease may be smaller than a sesame seed!



CDC

## Recognize the Symptoms

- Many tick-borne diseases have similar early symptoms, including fever, headache, fatigue, and possible rash. Signs and symptoms vary.
- Contact your health care provider if you develop any of these symptoms after a tick bite or after being in tick habitat.
- Most cases of tick-borne disease can be cured with antibiotics, especially when treatment is started early.

## Keep Ticks Off

- Enjoy the outdoors – but keep ticks off!
- Look for ticks in late spring through early fall, when they are most active.
- Wear long pants and long-sleeves, to help keep ticks off your skin.
- Tuck your shirt into pants, and pants into socks, to keep ticks on the outside of clothing.
- Wear light colored clothing to help you spot ticks more easily.
- Spray insect repellent containing 20-50% DEET on clothes and exposed skin. Use up to 30% DEET on children over two months old.
- Treat clothes with permethrin, but don't use permethrin directly on skin.
- Talk to your veterinarian about tick control products for your pets.
- Ticks are most commonly found in the woods and marshy places, in bushes, shrubs, leaf litter and tall grass.
- When hiking, walk in the center of the trail when in woods or high grass. Stay away from brushy areas, high grass and leaf litter.
- Check for ticks daily after being in tick habitat.
- Remember -- ticks can be found in your own backyard!

## Lyme Disease

- Lyme disease is the most common tick-borne disease in Maryland.
- Lyme disease is transmitted by the bite of an infected black-legged tick, which must be attached for at least 24 hours for transmission to occur.
- From three to thirty days after a tick bite, a gradually expanding rash (called *erythema migrans*) can occur at the site of the bite in 70-80% of infected people. The rash can expand over several days to up to 12 inches and may resemble a bull's eye.



CDC

- If untreated, Lyme disease may cause a loss of muscle tone on one or both sides of the face, severe headaches and neck stiffness, shooting pains that can interrupt sleep, heart palpitations, dizziness, and pain that shifts from joint to joint.
- After several months, 60% of untreated patients may develop severe joint pain and swelling, particularly in the knees. Five percent of untreated patients may experience shooting pains, numbness or tingling in the hands or feet, and problems with concentration and short term memory.