



Public Health
Prevent. Promote. Protect.

TICK Facts

Prevent a bite, save a life

-  **ANY tick** can carry deadly diseases that affect both humans AND animals.
-  **ONE bite** from any tick could be very dangerous to you and your family pet.
-  **CONTROL TICK** population around your home, especially during warm months.



DO shower after coming indoors, ideally within 2 hours.



DO full-body check with a mirror for hard to see areas.



DO check pets often for ticks especially if they come indoors.



STAY AWAY from tall grass, wooded areas, canopy trees, and leaf litter.

For more information about tick prevention: www.cdc.gov/ticks/index.html



Prevent Bites

from ANY tick

-  Avoid wooded and brushy areas.
-  Check for ticks on skin and clothing often.
-  Wear long sleeve shirts and long pants.
-  Repel ticks with DEET: apply on skin and clothes for best results.

*Follow product instructions before use.

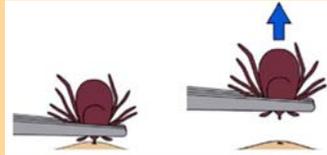
Three most common diseases people get from ticks in N.C. are: Rocky Mountain Spotted Fever, Lyme Disease, and Ehrlichiosis.



Remove Tick

with fine-tipped tweezers

- Use tweezers to grasp tick as close to the skin as possible.
- Pull upward with steady, even pressure to avoid portions of the tick being left in skin.
- After removing the tick, clean bite mark with rubbing alcohol, soap and water, or peroxide.



If you find a tick on your body, write down the calendar date and save the tick in a bag or airtight container. Doctors can test this tick for disease if you develop symptoms.



Symptoms

from infected tick bites

-  Rash
-  Headache
-  Muscle ache
-  Fever
-  Nausea
-  Vomiting
-  Joint swelling
-  Loss of feeling or muscle function

Treating these symptoms early is very important. Contact your doctor as soon as possible if you experience any of the following after a tick bite.

This information is provided to you by the Iredell County Health Department. Contact us for more information 704-878-5305