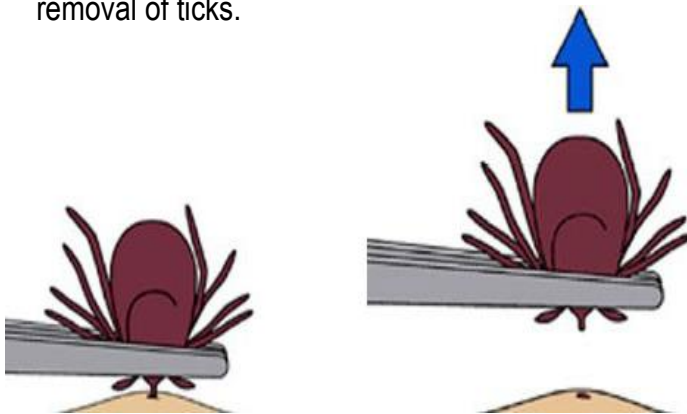


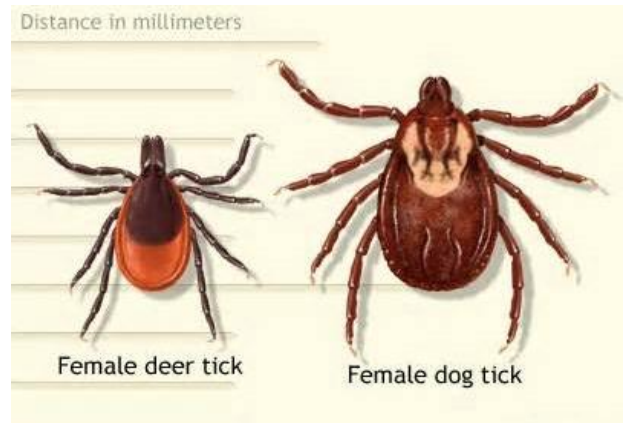
TICK Fact Sheet

- The most common types of ticks found in Connecticut are the Deer Tick (can transmit Lyme Disease) and Dog Tick.
- There is a variety of tick-borne diseases.
- Most tick bites do not transmit harmful microbes.
- There is a wide range of symptoms that usually develop days to weeks after the tick bite. The symptoms depend on the particular microbe that is transmitted.
- There are safe and effective methods for the removal of ticks.



How to Effectively Remove a Tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol placing it in a sealed bag/container, wrapping it tightly in tape or flushing it down the toilet.
5. If you are unsure what type of tick has bitten you, once it is removed, bring it to the Health Department (Town Hall, 45 S. Main St. Room 215), we will send it out for testing.



How to prevent tick bites

- Use insect repellent on **clothes and skin** that contains **20-30% DEET.**



- Tuck your pant legs into your socks and your shirt into your pants when walking in wood, brush, or tall grass.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.



To keep a yard tick-free

- Use landscaping that deters mice, deer, woodchucks and other rodents that carry ticks.
- Remove tick habitat such as leaf piles, shrubs and ground cover near the house.
- Ticks use long grass to attach to hosts, mowing the lawn is an effective way to reduce tick bites.

For more information please contact the Wallingford Health Department at (203) 294-2065