

TICK BITES & TICK BORNE DISEASE IN THE MIDWEST



Ticks are small arachnids that feed on blood and live on vegetation. Tick bites can lead to disease spread in people and pets. In the Midwest, the spring and summer months are peak times for tick exposure as people venture out to enjoy outdoor activities. Ticks wait on leaves and grass until a host brushes past. They then attach to the host by insertion of their mouthparts into the skin. The longer a tick remains embedded the higher the risk of infection to the host. Ticks can remain attached for several days if not removed.

COMMON SIGNS AND SYMPTOMS OF TICK BORNE DISEASE

- Fever/Chills
- Aches and Pains
- fatigue
- Rash
 - Lyme disease, STARI, Rocky Mountain spotted fever, ehrlichiosis, and tularemia can cause distinctive rashes.
 - Patients bitten by the lone star tick though will occasionally develop a circular (bull's-eye) rash similar to the rash of early Lyme disease.
- Tick Paralysis: Thought to be caused by a toxin in the saliva of ticks and may lead to muscle weakness and paralysis that moves up the body and can resemble other neurological conditions such as botulism and Guillain-Barre Syndrome. Usually resolves in 24 hours after tick removal

4 MEDICALLY IMPORTANT TICKS IN THE MIDWEST



American dog tick



Rocky mountain wood tick



Lone star tick



Blacklegged tick/deer tick

TYPES OF TICK BORNE DISEASES IN THE MIDWEST

- **Anaplasmosis:** Blacklegged tick
- **Babesiosis:** Blacklegged tick
- **Borrelia mayonii:** Blacklegged tick
- **Borrelia miyamotoi:** Blacklegged tick
- **Bourbon virus**
- **Colorado tick fever:** Rocky mountain wood tick
- **Ehrlichiosis:** Lonestar tick
- **Heartland Virus:** Lonestar tick
- **Lyme Disease:** Blacklegged tick
- **Powassan Disease:** Blacklegged tick
- **Rocky mountain spotted fever:** American dog tick
- **STARI:** Lonestar tick
- **Tularemia:** American Dog tick

GET IN TOUCH

402-552-3394

go.unmc.edu/cs-cash/cs-cash-contact

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PREPARE, PREVENT, PERCEIVE, AND PROCEED

✓ PREPARE



Ticks live in foliage, trees, and on animals. They can live on pets and then transfer to their owners.

✓ PREVENT



The CDC recommends treating clothing and gear with products containing 0.5% permethrin, or an [EPA registered insect repellent](#):



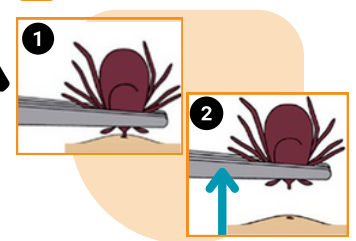
Scan with your smartphone to learn more!

✓ PERCEIVE



Check your clothing, hair and body for ticks after coming indoors. Ticks can travel on clothing. Remove any ticks found from clothing and then tumble dry clothes on high heat for 10 minutes to kill ticks on clothes.

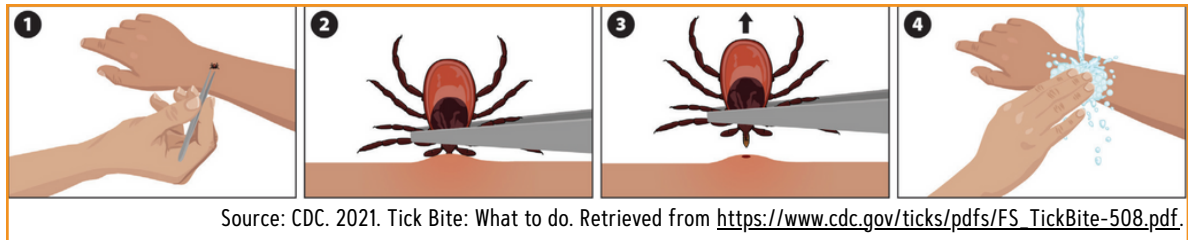
✓ PROCEED



Do not use nail polish, petroleum jelly or heat to force tick detachment. Use clean tweezers to gently grab base of tick near skin and pull upward with even pressure, do not twist or jerk. Clean the bite area with rubbing alcohol or soap and water.

HOW TO REMOVE A TICK

- Use clean, fine tipped tweezers to grasp the tick as close to the skin's surface as possible.



Source: CDC. 2021. Tick Bite: What to do. Retrieved from https://www.cdc.gov/ticks/pdfs/FS_TickBite-508.pdf.

- Use clean, fine tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick. If the mouth-parts break off and remain in the skin, remove with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.
- After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
- Place the tick in a sealed bag/container and label with the date and spot on body it was removed from. Set aside in case a rash occurs and you need to show it to your healthcare provider.
- If you develop a rash or fever within several weeks of removing a tick, see your doctor. Tell the doctor about your recent tick bite, including: 1) When the bite occurred, and 2) Where you most likely acquired the tick.

Source: CDC. 2022. Tick Removal. Retrieved from https://www.cdc.gov/ticks/removing_a_tick.html.

RESOURCES



CDC:
Tick bite: What to do



Mayo Clinic:
Tips to best remove ticks
(Video)



CS-CASH:
Tick Borne Diseases