

TICK IDENTIFICATION CARD

Pictures shown are not actual size.

AMERICAN DOG TICK

(Dermacentor variabilis)



ROCKY MOUNTAIN WOOD TICK

(Dermacentor andersoni)



LONE STAR TICK

(Amblyomma americanum)



BLACKLEGGED TICK/DEER TICK

(Ixodes scapularis)



HOW TO REMOVE A TICK



- 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.
- Save the tick in a sealed bag/container and label with the date and site of attachment.
- See a doctor for redness or swelling at the site.

TICK PREVENTION TIPS

- Wear a long sleeve shirt & pants.
- Spray clothes & shoes with permethrin spray.
- Wear white or light-colored clothes to see ticks easier.
- Wear shoes or boots instead of sandals or bare feet.
- Tie back long hair & wear a hat.
- Walk in the middle of the trail, away from brush where ticks reside.
- Tuck shirt into pants and pants into socks or boots to keep ticks away from your skin.
- Perform regular tick checks after spending time outdoors.



Sources: 1) CDC. 2022. Tick Removal. Retrieved from https://www.cdc.gov/ticks/removing_a_tick.html. 2) CDC. 2021. Tick Bite: What to do. Retrieved from https://www.cdc.gov/ticks/pdfs/FS_TickBite-508.pdf.

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