

WATCH FOR TICKS



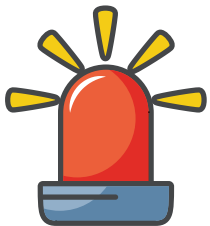
Pictured are the various life stages of the adult black legged tick (deer tick). Ticks are not born carrying Lyme disease, but become infected after feeding on an infected host. Therefore, larger adult ticks are more likely to be infected, however, it is still important to check and remove small nymphs.

Some ticks carry a bacteria called *Borrelia burgdorferi* which can be transferred to humans when they feed on the blood. An infection in humans can result in Lyme disease.



SYMPTOMS

- "bulls-eye" rash around the bite
- fever/ chills
- headache
- lymph node swelling.

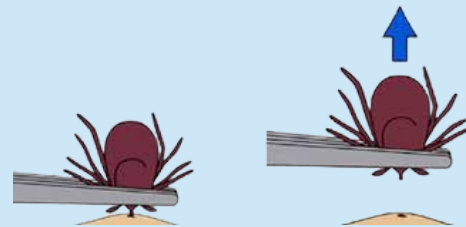


Risk of infection increases after 24 hours of attachment. To prevent the infection of lyme disease, check your skin frequently and immediately remove tick if found.

PREVENT TICK BITES

- Stay on the trail
- Apply approved insect repellent containing DEET
- Wear long pants, long-sleeved shirts, closed toes shoes, and socks
- Do a "full body" scan after your trail walk

HOW TO REMOVE A TICK



1. Use fine-pointed tweezers
2. Grasp the tick's head close to the skin and pull slowly ensuring you do not twist
3. Wash the bite with soap and water