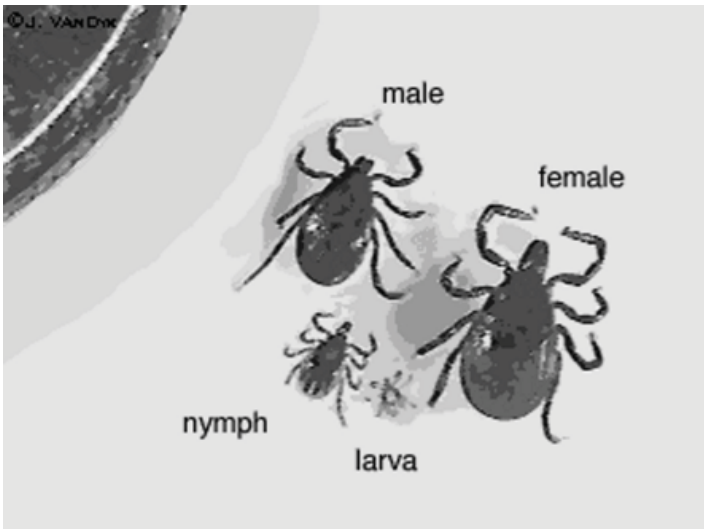




Tick Time

Submitted by Betsy Bransky

It's Tick Time and I have gathered some information for this season of the year including this picture of the 4 stages of the life of a tick.



If you spend time outdoors or have pets that go outdoors, you need to beware of ticks. Ticks are small bloodsucking bugs. Many species transmit diseases to animals and people. Some of the diseases you can get from a tick bite are Lyme disease, ehrlichiosis, Rocky Mountain spotted fever and tularemia.

To help protect yourself and your family, you should:

- Use a chemical repellent with DEET, permethrin or picaridin
- Wear light-colored protective clothing
- Tuck pant legs into socks
- Avoid tick-infested areas
- Check yourself, your children and your pets daily for ticks and carefully remove any ticks you find

What to do if you find a tick on you or think you have been bitten by a tick?

- If the tick is still attached to the skin remove it.
- Using fine-tipped tweezers, grasp the head of the tick close to the skin.
- Firmly and steadily pull the tick straight out of the skin. Do not twist the tick, or rock it from side to side while removing it.
- Put the tick in alcohol to kill it. Don't use

petroleum jelly or a hot match to kill and remove the tick.

- Wash your hands and the site off the bite with soap and water.
- Swab the bite with alcohol.

Call the doctor if:

- The tick may have been on the skin for more than 24 hrs.
- Part of the tick remains in the skin after attempted removal
- A rash develops of any kind (especially a red-ringed bull's eye rash)
- The area looks infected (increasing redness, warmth, swelling, pain or oozing pus.
- Symptoms like fever, headache, fatigue, chills, stiff neck or back or muscle or joint aches develop.

Resources:

- <http://www.ent.iastate.edu/imagegal>
- <http://familydoctor.org/online/famdocen/home/common/infections/common/bacterial/705.printerview.html>
- http://kidshealth.org/PageManager.jsp?lic=1&article_set=36502&cat_id=20221

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