GET OUTDOORS PA
Ticks shouldn’t keep you from enjoying nature!

Stay informed, prepared and proactive.

Ticks acquire Lyme and other tick-borne diseases (TBDs) from infected animals and pass them along to humans and animals.

THE TICK: What You Need to Know

Ticks exist in every Pennsylvania county.

Ticks are typically found in wooded and grassy areas.

Ticks are tiny arachnids (8-legged) that cannot jump or fly.

Did You Know?

❖ Pennsylvania has led the nation in confirmed Lyme disease cases each year since 2011.
❖ When detected early, Lyme disease can be treated with antibiotics. Left untreated, the disease can spread to the joints, heart and nervous system. Early diagnosis is important in preventing late-stage complications.
❖ Deer ticks are active any winter day that the ground is not snow-covered or frozen!

Tick Lineup: Commonly found ticks in Pa.

Black-legged “deer” tick

This tick, a well-known carrier of Lyme disease, can feed on humans during any stage of its development. Adults tend to feed on deer, thus the name.

American dog tick

Feeding on most mammals, this tick is the most commonly found tick in Pa. and is a major carrier of Rocky Mountain spotted fever.

Groundhog tick

This tick tends to feed on groundhogs but occasionally is found on birds small animals or humans. Not likely to carry Lyme disease.

Lone star tick

Although this tick is found on various animals, including humans, it is not likely to transmit Lyme disease. It is a carrier of Rocky Mountain spotted fever.

Source: Penn State Cooperative Extension
**TICK PREVENTION:**

**Avoid direct contact with ticks.**

You acquire ticks only by direct contact. Once a tick attaches onto human/pet skin, it generally climbs upward until it reaches a protected or creased area.

**CLOTHING**

Wear light clothing, long pants and shirt, socks and suitable footwear.

**REPELLENT**

Apply insect repellents.*

*Various conventional and botanical-based pesticides have been approved by the EPA and recommended by the Centers for Disease Control and Prevention, including: DEET, picaridin, and oil of lemon eucalyptus.

**BODY CHECK**

Check for ticks on yourself, kids and pets. Shower immediately.

Seek medical attention:

- if unable to remove an attached tick;
- when flu-like symptoms or rash develop between 3-30 days after infection (a bulls-eye rash may appear anywhere on body);
- if you are pregnant or nursing and have been exposed to ticks; and
- if you feel very tired or have joint pain (especially with redness and swelling), irregular heartbeats, severe headache or neck pain after possible exposure to ticks.

**TICK REMOVAL:**

Remove immediately!

1. With tweezers or tick tool, grasp tick as close to skin as possible.
2. Gently pull the tick upward with even pressure. Do not twist.
3. Clean hands and bite area with soap and water or antiseptic.
4. Dispose in toilet or wrap in tape and discard.

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