



Civil Air Patrol Safety

Tick Borne Disease

How to Prevent and Manage Tick Bites





Overview

The Bottom Line:

The overall risk to the population: very low | low | **MODERATE** | high

- Take preventive measures against ticks year-round, be extra vigilant in warmer months (April – September) when ticks are most active.
- Avoid contact with ticks by staying on trails when possible, using the proper tick repellent on skin and clothing.
- Look for and remove ticks from your body regularly.





Examples of some of the Ticks Found in the USA

- Lone Star Tick
- American Dog Tick
- Deer Tick



Dog Tick → Rocky Mountain Spotted Fever

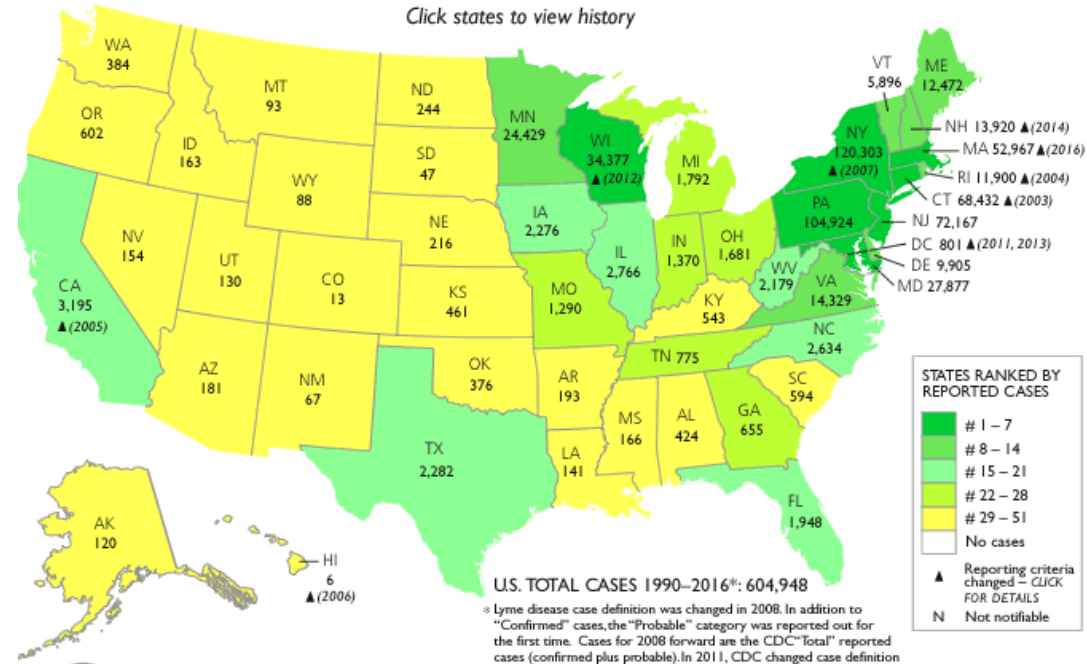




Deer Tick → Lyme Disease

LYME DISEASE ASSOCIATION (LDA) U.S. LYME DISEASE REPORTED CASES 1990–2016*

Click states to view history



* Lyme disease case definition was changed in 2008. In addition to "Confirmed" cases, the "Probable" category was reported out for the first time. Cases for 2008 forward are the CDC "Total" reported cases (confirmed plus probable). In 2011, CDC changed case definition to include positive CSF antibody tests.

Note: CDC has stated, and confirmed in 2013, that only 10% of Lyme disease cases meeting the surveillance definition are reported – for example, if 30,000 cases are reported, 300,000 cases occurred (number does not include all the cases falling outside the stringent surveillance case definition).



Source: Data compiled from CDC pub data (MMWR/DVBD)
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Preventing Tick Bites

- Avoid wooded and brushy areas with high grass and leaf litter, when possible.
- Walk in the center of trails, when doable.
- Use repellent that contains 20 percent or more of DEET, picaridin, or IR3535 on exposed skin.
- Use products that contain permethrin on your clothing.





Finding Ticks

- Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas.
- Parents should check their children for ticks under the arms, in and around the ears, inside the navel, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets - Ticks can be carried into the home on clothing and pets, then attach to a person later, carefully examine pets, coats, and daypacks.





Removing Ticks

- Use fine-tipped tweezers or a tick removal tool like the **Pro-tick Remedy Removal Tool** 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; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily, leave it alone and let the skin heal.





Thank You!

