



# TICKS AND PROTECTION AGAINST TICK BITES

## COMMON HUMAN-BITING TICKS IN CALIFORNIA



Western black-legged tick  
*Ixodes pacificus*



Pacific coast tick  
*Dermacentor occidentalis*



American dog tick  
*Dermacentor variabilis*

### SOME TICKS CAN TRANSMIT DISEASE

- Lyme disease
- Ehrlichiosis
- Anaplasmosis
- Babesiosis
- Rocky Mountain spotted fever
- Tularemia
- Tick Paralysis

### PERSONAL PROTECTIVE MEASURES

- Avoid tick-infested areas
- Wear light-colored clothes
- Wear a hat, long-sleeved shirt, and long pants
- Tuck shirt into pants, pants into boots or socks
- Remove attached ticks promptly and properly



### LOOK FOR THE TICKS!



- Check each other often while in tick habitat
- Inspect children carefully, particularly at the hair line
- Conduct daily full body check (hair line, armpit, back of knees, groin) at home, up to 3 days after returning from tick habitat
- Check pets, use tick repellents on them

### TICK REMOVAL TECHNIQUE

- Use tweezers to grab the tick close to your skin
- Pull the tick firmly, straight out, away from the skin (do not jerk, twist, or burn the tick)
- Wash your hands and the bite site with soap and water after the tick is removed and apply an antiseptic to the bite site
- The sooner a tick is removed, the less likely it is that a person will be infected



### TICK REPELLENTS



- Apply DEET repellent (Cutter®, Off®, Repel®, Skintastic®, etc.) to skin not covered by clothing
- Treat clothing with permethrin repellent (Permonone®, Duranon®, etc.) as directed on label.

### IF YOU GET BITTEN BY A TICK

- Remove all ticks promptly!
- If you develop a spreading rash or flu-like symptoms 1-30 days after bite, consult with your physician
- Let your physician know that you were bitten by a tick

**Prevention of tick bites is key to prevention of disease**

For more information, contact the  
Vector-Borne Disease Section: 916-552-9730  
<http://www.dhs.ca.gov/ps/dcdc/disb/disbindex.htm>