

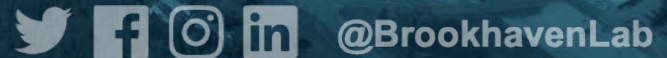


TAKE FIVE for Safety-Tick Awareness

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Tick Awareness

Three types of disease-carrying ticks are commonly found here at Brookhaven Lab:

Deer Tick or Blacklegged Tick:

- The Deer Tick (*Ixodes scapularis*) can carry Lyme disease, Babesiosis, and Anaplasmosis.
- About ten to 15 percent of ticks that attach to human beings on Long island are Deer Ticks.

Lone Star Tick:

- The female Lone Star tick (*Amblyomma americanum*) can carry Southern tick-associated rash illness (STARI) and Ehrlichiosis.
- About 80 percent of ticks that attach to human beings are Lone Star ticks.

Dog Tick or Wood Tick:

- The Dog Tick (*Dermacentor variabilis*) is known to sometimes carry Rocky Mountain Spotted Fever.
- Dog ticks are 10 to 15 percent of the total ticks that attach to human beings in a season on Long Island.

Avoiding Tick bites

- Ticks thrive in grassy, wooded, or bushy areas.
- Prevention is the best way to avoid a tick bite and possibly contract a tick-borne illness.
- There are many things that you can do to lower your risk:
 - Stay in paved surfaces/sidewalks, if possible.
 - Wear long sleeves, long pants and socks to reduce exposed skin; tuck in clothing to create a barrier.
 - If you find a tick crawling on you, brush it away before it latches on your skin.
 - Check yourself and your clothing.
 - Use repellants.

Signs and Symptoms of a tick bite

- Signs and symptoms that can occur from a tick bite include: fever, chills, headache, fatigue, muscle aches, joint pain, and/or a bullseye rash.
- Some tick related diseases start showing symptoms within a few days of a bite, while others can take weeks to develop.
- If symptoms occur, seek medical attention promptly.

If you find a tick embedded in your skin

If you are at work and find a tick has embedded itself in your skin (or identify a reaction, such as a bullseye rash):

- Go to the Occupational Medicine Clinic (Bldg. 490) to be evaluated.

If you are not at work, prompt and proper removal of the tick is recommended:

- Clean the area before (and after) tick removal with soap and water or rubbing alcohol
- Use a pair of tweezers to grasp the tick as close to the head as possible and pull upward slowly and firmly with even pressure.
- Dispose of the live tick by putting it in a sealed disposable bag, wrapping it tightly in tape or flushing it down the toilet.
- Never crush a tick with your fingers.