



# TAKE FIVE for Safety-Tick Awareness

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Source: *BNL ESH Guide: Natural Hazards in the Environment*



# Common Tick Types

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

## **Lone Star Tick:**

- The female Lone Star tick can carry Southern tick-associated rash illness (STARI) and Ehrlichiosis.
- About 80% of ticks that attach to human beings on Long Island are Lone Star ticks.

## **Deer Tick or Blacklegged Tick:**

- The Deer Tick (*Ixodes scapularis*) can carry Lyme disease, Babesiosis, and Anaplasmosis.
- About 10-15% of ticks that attach to human beings on Long island are Deer Ticks.

## **Dog Tick or Wood Tick:**

- The Dog Tick (*Dermacentor variabilis*) is known to sometimes carry Rocky Mountain Spotted Fever.
- About 10-15 % of ticks that attach to human beings on Long Island are Dog Ticks.

# Common Diseases Associated with Tick Bites on Long Island

- Lyme Disease
- Babesiosis
- Ehrlichiosis
- Anaplasmosis
- Rocky Mountain Spotted Fever
- Southern Tick-Associated Rash Illness

Detailed descriptions of the symptoms of these diseases are found in the Natural Hazards in the Environment ESH Guide.

# Avoiding Tick bites

- Ticks thrive in grassy, wooded, or bushy areas.
- Things that you can do to lower your risk:
  - Stay in paved surfaces/sidewalks, if possible.
  - Wear:
    - Light-colored clothing;
    - Long sleeves, long pants and socks to reduce exposed skin;
  - Tuck in clothing to create a barrier.
  - Check for ticks frequently when outdoors, and at the end of the day.
  - If you find a tick crawling on you, brush it away before it latches on your skin.
  - Use repellants- Read and Follow Instructions for Use.

# If you find a tick on your skin

- If the tick is walking, carefully remove it, place it in a jar or bag, and dispose of it.
- If the tick is attached,
  - Go to OMC to be evaluated.
  - If OMC is not Operational:
    - Remove the tick, carefully, using tweezers or by scraping it off
    - Thoroughly disinfect the site and wash your hands
    - Follow Up with a Doctor
    - If the tick appears to be enlarged, then place the tick into a jar and bring the tick to the OMC during operating hours.
- Watch for any flu-like symptoms (joint aches, fever, and nausea), a bulls-eye rash, or a mottled rash (Rocky Mountain spotted fever), if a tick has bitten you.
  - Most symptoms appear within two to four weeks of a bite.
  - If any of these symptoms occur following a tick bite, see your doctor right away.

# 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.