



# TICKS AND LYME DISEASE

JDSF and surrounding areas are known to have Lyme Disease

## IDENTIFICATION

Blacklegged tick (*Ixodes scapularis*)



Figure 1: Western black-legged tick life-cycle<sup>1</sup>

- Between 1/25 inches to 1/8 inches
- 4 sets of legs
- Dark brownish-black plate on back with red abdomen

## LYME DISEASE SIGNS AND SYMPTOMS

- Slowly expanding reddish rash – “erythema migrans”
- Fatigue
- Muscle pain
- Flu-like symptoms

## PREVENTION SUGGESTIONS

- **Dress Tick Smart**
  - Long Pants and long-sleeved shirt
  - Tuck your shirt into your pants
  - Wear a hat
  - Tuck pant legs into socks
- **Consider Repellents**
- **Perform Tick Checks Regularly**
  - Inspect clothing
  - Inspect warm areas such as arm pits, behind the ears, scalp and back of knee
- **Know When and Where Ticks Occur**
  - Most active during winter but occur year around
  - Tall grass and brush
  - Along hiking trails
  - Dense forests
- **Check Your Pets**
  - Talk to your vet

Visit these websites for more information:

Ticks: <http://ipm.ucanr.edu/PMG/PESTNOTES/pn7485.html>

Lyme Disease: <https://www.cdc.gov/lyme/index.html>

<sup>1</sup> Graphic Credit: Texas A&M: AgriLife Extension. School Integrated Pest Management. “Ticks to look out for – by southern states.” <https://schoolipm.tamu.edu/2016/07/14/ticks-to-look-out-for-by-southern-states/>